

PACKING LIST

CLOTHING



- 12 short-sleeved t-shirts
- 3 pairs of jeans/pants
- 3 pairs of shorts
- 3 long-sleeved shirts
- 2 sweaters or sweatshirts
- 1 light-weight jacket
- 2 bathing suits
- 1 pair of sweatpants
- 12 pairs of underwear
- 12 pairs of socks
- 1 pair of water shoes (ie. Teva's)
- 1 pair of sturdy shoes for hiking/walking
- 1 pair of nicer shoes (for Shabbat)
- 1 long skirt (girls) / nice khakis (guys) (for Shabbat)
- 1 nicer blouse or shirt (for Shabbat)
- 1 towel
- 1 hat (baseball style)
- 'going out' outfits (for city nights)

PERSONAL



- Deodorant
- Toothbrush + toothpaste
- Aftershave / Perfume
- Shampoo / Conditioner
- Body wash
- Face wash / skin products
- Personal medication
- Band aids
- Insect repellent
- Sunscreen
- Sunglasses
- Prescription glasses / contact lenses / solution
- Blow-dryer (optional for guys)
- Make-up (again, guys its only optional)
- Make-up remover

CARRY-ON



- Passport(s) / Travel docs
- All medications
- Army exemption papers (if needed)
- Ipod + charger
- Camera + charger
- Phone + charger (if bringing your own)
- Spare change of underwear and clothes
- Deodorant
- Toothbrush + toothpaste
- Make-up
- Cash/ATM Card/Credit Cards
- Health Insurance details
- Travel Insurance policy
- Motion sickness pills
- Prescription glasses/contact lens + supplies
- Magazines/book

SUGGESTED ITEMS



- Luggage locks
- ID tags for luggage
- Adapter/convertor for electrical appliances
- Back pack for hiking
- Camera, charger/batteries
- Mini flashlight or penlight
- Journal/address book
- Plastic bags for wet or dirty clothes
- Travel alarm clock
- Kippah/head covering (men)