

IsraelNow Packing List

- Each participant may bring ONE suitcase/duffel bag only (50 pounds max) and a backpack as carry-on luggage (must fit under the seat and not exceed 18 pounds).
- Participants will carry their own luggage.
- All clothing, luggage, and personal items must be clearly marked your teen's name.
- **LEAVE ALL VALUABLES AT HOME! We are not responsible for lost items.**

Recommended Clothing

- 3 pairs of jeans/comfortable slacks
- 8 regular shirts/t-shirts
- 1 pair of shorts
- 2 outfits for Shabbat:
 - 1 Friday Night, 1 Saturday
 - (Modest outfits required)
- Modest bathing suit
 - One Piece or tasteful two piece
 - Brief style trunks
- Towel & plastic bag for wet bathing suit
- Closed toe water shoes for the Dead Sea- NO sandals
- Hiking shoes of gym shoes/sneakers
- 1 light jacket (ex: windbreaker, fleece)
- 1 waterproof winter coat
 - (winter months can be cold/rainy)
- Sunglasses
- Gloves/mitten/scarf
- Foldable rain poncho
- Tallit (prayer shawl) & kippah
 - (Be sure Tallit bag has name inside if this is your custom)

Medication

- If you are currently taking prescription medication you must bring a **ten-day supply**. Each prescription must be in the original container, placed in a ziplock bag with the participant's name, name of medication, and dosage.
- Epi-pens- bring two (one for participant to keep and one for mishpacha leader to hold onto)

Carry-on luggage

- 2 complete change of clothes (in case luggage is delayed)
- Passport (easily accessible for staff to collect upon arrival)
- All medication (easily accessible for staff to collect upon arrival)
- Antibacterial wipes
- Toothbrush, toothpaste (travel size)
- Camera
- Journal and pen
- Books/magazines
- Nut-free kosher snacks for plane
- Girls: additional feminine products

Toiletries (must be packed in ziplock in case of leakage)

- Sunscreen
- Soap
- Deodorant
- Toothpaste, toothbrush, floss, wax for braces
- Shampoo/conditioner
- Body moisturizing lotion
- Brush/comb
- Laundry bag for dirty clothes
- Contact lens solution
- Extra pair of lenses or glasses
- 3 packages of pocket size Kleenex
- Razor
- Girls: feminine products

