

PACKING LIST

THINGS to think about packing:

- Sun glasses
- Sun screen
- Flashlight
- Hat (lightweight)
- Scarf (head and shoulder coverings for ladies are occasionally needed)
- Light shawl or jacket (a few places will not admit women with sleeveless tops)
- Day pack/Fanny pack (always wear it in front of you—many thieves in Jerusalem)
- Extra Film (ASA 100 for sunny, bright exposures) or extra storage cards for some cameras
- Extra batteries for camera
- Always try and have a bottle of water with you. (Buy a collapsible travel bottle & fill it up as you go)
- Copy of Passport (Kept separately from your original passport)
- At least \$50 in \$1 bills (very handy for small items, water, ice cream, etc. you will not always get change in US currency). You will often get change in shekels or agorots (like our cents).
- Swim suit (for floating in the Dead Sea)
- COMFORTABLE WALKING SHOES AND CLOTHING
- Small umbrella (can also work for shade)
- Small carrying bag or backpack for day trips
- Small Bible (or one that you generally use unless it is too big)
- Sometimes laundry soap can help (dry, not liquid is best since it can break and make a big mess of a suitcase). If you chose to bring liquid soap, then put it in a sealed baggy. If necessary, you can wash clothes in a sink or bathtub.
- Any medicine you commonly need (even aspirin if you commonly have headaches) Imodium is always good to have available.
- Any small food items—snacks during the day.
- Light luggage—packing light is also a virtue in the Middle East at least when it comes to moving it around.

THINGS I WISH I WOULD NOT HAVE BROUGHT:

- Expensive or flashy jewelry (Recommend that you would leave at home any jewelry that would attract the attention of a thief.)
- Heavy coat—it is warm in Israel, but it may get rain. Light rain coat and many layers of clothes so that you can take some off if necessary.
- Umbrella unless it is very small.
- Short shorts (could be offensive in many of the places we will be visiting; in the Middle East modesty is a virtue when it comes to dressing).
- Purse (A woman's purse is awkward to carry and a target for pickpockets; Recommend fanny pack or small day pack).
- Not a lot of nice clothes (most days we will be walking and we will get dusty and dirty).
- Any extra keys that you do not need.
- Lots of books—one or two small ones may be okay for the long flight. Otherwise we carry them the whole time.