

Packing Guide

Israel





Carry-On Bag



Plan to bring a backpack or bag that is easy to carry and can fit under an airplane seat. Your bag must fit into the baggage gauge at check-in (including handles, pockets, and wheels). You must be able to lift your carry-on bag into the overhead locker by yourself.

Most airlines also require bags to be smaller than approximately 22" x 14" x 9"

Continued

☐ Bible, devotional materials, pencil/pen with black ink, and journal

☐ Change of clothes

☐ Neck pillow/earplugs/eye cover for sleeping

☐ Phone/camera with appropriate chargers and memory cards

☐ Toiletries under 3oz in a quart-sized, clear bag

☐ Hand Sanitizer

☐ Small pack of tissues/small roll of toilet paper

☐ Flashlight or headlamp

☐ Change of clothes

☐ Advil, Tylenol, and any other over-the-counter medications you typically use including all-natural sleep aid (melatonin, etc.)

☐ Personal prescriptions (must be in original container)

☐ Snacks (non-perishable, non-melting)

☐ Spending money (US dollars can be changed at the hotel) .

☐ Playing cards, other small games or reading materials

☐ Reusable empty water bottle

☐ **ALL 3 of the following cards:**

o Passport with Yellow Card showing proof of yellow fever vaccination

o Driver's License

o Student ID (if residential student)





Checked Bag



Can be a suitcase, duffle bag, or large backpack that is **under 50 pounds (which you can carry/roll yourself)**.

***Two of the three bags will be used to take supplies**

Continued

☐ Clothing & Footwear

- o For the plane: Consider layers as planes can get cool; no leggings unless covered with a long shirt
- o Slip-on pants/skirt/scarf for modesty at holy sites (shoulders and knees must be covered)
- o Comfortable walking shoes or sneakers with traction for wet surfaces and with straps or laces
- o Flip-flops and modest swim wear (one-piece and shorts for ladies, loose-fitting shorts for men)

☐ Travel Towel

☐ Toiletries and liquids beyond 3oz

- o Shampoo, sunscreen, liquid soap, etc.

☐ Healthy snacks to last the duration of the trip

- o Snack bars (especially for those with dietary restrictions)

☐ Phone or device with alarm capabilities

☐ Hat

☐ For in country: bring 4 outfits that are culturally appropriate

☐ Bug spray and sunblock

☐ Travel adapter for electrical devices

Suggested Items from our team at LU Send

☐ Motion Sickness Bracelet

☐ Keychain Flashlight

☐ Polaroid Camera

☐ Electrolyte/ORS powder

☐ Travel Size Febreze

☐ Kavu

☐ Fannie Pack

☐ Travel Blanket

☐ Mini Fan

☐ Hiking Backpack

☐ Toilet Seat Covers

☐ Reading Light



Tips & Information

- ☐ Check the projected weather of where you are going and pack with this in mind (potentially bring a rain jacket, light sweater, or hat depending on the weather of your destination).
- ☐ Be conscientious of clothing modesty and any writing or logos that may be offensive to different cultures.
- ☐ Pack heavy items at the bottom so clothes don't slide around.
- ☐ Leave room in your suitcase for any souvenirs you buy while in-country.
- ☐ Tape the lids of liquid bottles to keep them shut. Do not take pressurized spray cans as they may explode in flight.
- ☐ Make a list of everything you packed (Insurance Purposes).

- ☐ Make two copies of all travel documents and leave one copy at home in case your documents are lost or stolen.
- ☐ Pack as if you will not be able to purchase any necessities you may need at your destination.
- ☐ Pack as light as possible as you will be carrying your own luggage.
- ☐ Consider bringing some clothes with secret pockets to store money and other valuable items when in crowded or large areas to prevent pickpocketing.
- ☐ Remove all baggage tags or stickers from previous flights.
- ☐ Label your bags inside and out with your name, destination address, email, and mobile number.
- ☐ Add colorful straps or tags to help identify your bag on the carousel.
- ☐ Adaptor - In **Israel**, the power plugs and sockets are of type C, H, and M. The standard voltage is 230 V and the standard frequency is 50 Hz.