

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

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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

- o 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.