

Packing Guide



LUGGAGE ALLOWANCE

You will be permitted:

- 1 checked bag of 50lbs or less
- 1 carry-on (small suitcase, duffle, etc.)
- 1 personal item (purse, backpack, etc.)

You will be responsible for carrying and transporting all of your belongings, so bring bags that are easy for you to manage. This list is just a suggestion and you should pack according to your own personal needs. It is a good idea to check the local weather prior to departure and make adjustments as needed. Remember – Your bag will get heavier if you buy gifts while in Israel.

GENERAL GUIDELINES

1. Dress code in Israel is rather informal. It should be noted that conservative attire is required for visiting holy sites.
2. **Israel Weather:** At about the same latitude as South Carolina, Israel will prove to be rather hot during the summer. It will mostly be hot with some humidity on the coast, generally ranging in temperature from the mid-80s to the low 90s. Jerusalem may however be a little bit cooler, because of altitude, while the Dead Sea region may be hotter, possibly reaching into triple digits. Light attire will prove to be most comfortable, with additional layers for cooler evenings.
3. Bring clothes that you don't mind getting dusty/dirty!
4. We recommend that you bring some modest clothing. This means skirts, slacks or a big wrap that goes below the knee for women, and shirts covering shoulders for both men and women to wear for Shabbat dinner and for visiting religious areas and sites. (Jacket and tie are not necessary, Israel is very casual.) Men will need a head covering for holy sites, such as a hat, jacket hood, or can borrow a yarmulkes (pronounced yamaka) at the site itself.
5. You need a daypack to carry with you during the day. You may want to pack it with writing materials if you are keeping a journal, reading materials, snacks, a water bottle, a sweatshirt, etc. – basically stuff that you'll want during the day.

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Carry-On & Personal Item:

Your carry-on and personal items should contain any items you are not willing to check (e.g. computer, medication, sentimental items, etc.) You should also plan to pack items in case your luggage is delayed. These items could include:

- Toiletries*
- Change of clothes
- Camera / Phone
- Money / Credit cards
- Passport
- Reading material
- Laptop
- Chargers
- Something to eat (especially if you have special dietary requirements)
- Medicines, vitamins, and prescriptions
- Glasses or contact lenses and cleaning equipment
- Empty water bottle

*Be sure to adhere to current [security guidelines](#) about liquids in your carry-on luggage.

Checked luggage:

- Socks and undergarments
- 1 nicer set of clothes for Shabbat (skirts/dresses for women; slacks for men)
- Jeans / pants
- Long sleeve or short sleeve shirts
- 2-3 sweaters / sweatshirts or jacket
- Rain coat
- Bathing suit (swimming in the Dead Sea - optional)
- Sleepwear
- Good walking shoes/sneakers with traction for wet surfaces and straps or laces
- Lightweight walking sandals
- Hat

*Bring enough sets of clothing for 8 days of travel plus a couple extra

Miscellaneous Items:

- Adapter for electrical appliances
- Converter, if appliances do not work on Israel current
- Chargers
- Camera / memory card and batteries

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- Emergency contact sheet
- Journal / Trip Workbook
- Pens
- Plastic bag for wet or dirty clothes
- Small books / reading material for bus
- Small travel package of favorite laundry detergent
- Sunglasses
- Sunscreen
- Sun hat
- Tissues / Q-tips
- Toiletries (shampoo, toothbrush, etc.)
- Towel
- Travel alarm clock

Finally, Israel is a modern country with almost everything you have at home (often even the same brands) so if you forget anything, don't panic - you can buy what you might need when you land.

Adapters & Converters

Israel uses the standard European non-grounded socket, known as Type C and the grounded socket known as Type H. A universal adapter is needed to ensure your devices/appliances fit the local outlets.

The Israeli power supply is single phase 220 volts at 50 Hertz, meaning that if your devices are for 120v-240v (dual voltage) that is fine. If you devices are only for 120v you will need to also have a voltage converter.

Universal Adapter



Voltage Converter

