



2017 Y2I Packing List
Weather in Israel will be sunny and hot every day.

Teens are limited to one suitcase and one carry-on. Backpack is recommended for the carry-on. Check El Al website for weight and size restrictions.

Label luggage and carry-on with your name, address and phone number.

Pack your passport, change of clothes, including underwear, and medications in your carry-on bag.

You will receive a small backpack in Israel to use for our day trips.

SHOES

- 1-2 pairs good sneakers
- 1 pair of (inexpensive) water shoes—closed/covered toe and strap on back or slip on
- If you are packing sandals to wear when touring, toes must be protected and strap around ankle
- Flip flops allowed only at beach or pool
- Fashion sandals okay a few times, such as going out for dinner/shopping, etc., but they must have a back strap on them. No flip flops beyond the doors of the hotel.

CLOTHING **Note: Clothing items, including hats, with graphic designs or words relating to drugs, alcohol, tobacco or anything else that can be smoked or inhaled, or with inappropriate language or with reference to inappropriate behavior are not allowed.

- 1 sweatshirt or sweater
- 14-16 T-shirts (tank tops not allowed during the day)
- 7-9 pairs of shorts
- Underwear
- Socks
- Pajamas
- 2 bathing suits
- 1 pair of jeans or sweatpants for cool evenings

Additional items for girls **Note: Dressing modestly is important. Cleavage, belly-buttons, and “cheeks” should be covered (meaning not exposed).

- 1-2 summer dresses, skirts, pants or capris. Pants or capris/skirt/dress that falls below the knees to wear at religious sites)
- 1-2 longer sleeved blouses to wear over short sleeves for religious sites. Sleeves should go at least to elbow
- Bras
- Small purse/bag (to carry “stuff”)
- Feminine hygiene products



Additional items for guys

- 1 shirt with collar (polo shirt is okay)
- 1 pair of dressier pants (khaki or cargo okay)
- Kipah-yarmulka (if you don't have one, don't worry. We will make them available.)

REQUIRED ITEMS FOR ALL TEENS:

- Hat
- Flashlight
- Sunglasses
- Watch/time keeper/ alarm clock
- Water bottle
- Sunblock (minimum 30 SPF)
- Toiletries: soap, toothbrush, toothpaste, brush/comb, deodorant, shampoo, razors (pack in luggage), other items you use on a daily basis
- Medication clearly labeled and written prescription for generic brand
- Glasses, contact lenses, lens solution and prescription for eyewear in the event you lose them
- Old towel (which can be thrown away) for shower at Bedouin tent.
- Camera, batteries, chargers, adapters
- Wallet
- Extra batteries for items that use batteries

PERSONAL FIRST AID KIT:

- Band aids (8)
- Over the counter pain relievers
- Diarrhea medication
- Sterile wipes
- Hand sanitizer
- Constipation relief
- Aloe
- Antacid
- Over the counter antibiotic cream
- Anti-itch cream

OPTIONAL ITEMS: RECOMMENDED

- Powder detergent or tube of Woolite if you plan to hand wash some clothes (optional)
- Snacks for plane and during trip
- 2-3 gifts to share with new Israeli friends
- 1 gift for an Israeli family
- Pens and journal