



2018 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

- 2 pairs of 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.

For Guys and Ladies:

- 1 sweatshirt or sweater
- 14-16 T-shirts (**tank tops not allowed during the day**)
- 8-9 pairs of shorts (Butt-cheeks should not be exposed. No midriff shirts).
- 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 “butt-cheeks” should be covered (meaning not exposed). No thongs or “cheekies” allowed for bathing suits. Shorts must cover butt-cheeks and more.

- Girls need a “modesty outfit” that can be worn when visiting religious sites. This includes clothes that cover your knees (dress, skirt, capris, or pants) and a top that covers cleavage and arms to below the elbow. The modesty outfit will be needed a few times during the trip.
- Nicer outfit for Shabbat. It can be your modesty outfit or another one that serves the same purpose. On our first Shabbat we will be at the Western Wall, which requires females to dress modestly.
- Bras
- Small purse/bag (to carry “stuff”)
- Feminine hygiene products

Additional items for guys

- 1 shirt with collar (polo shirt is okay) for Shabbat at the Western Wall
- 1 pair of dressier pants (khaki or cargo okay) for Shabbat at the Western Wall
- 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
- Non-aerosol 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: If a teen takes prescription medication and/or over-the-counter medication, such as Aleve, Tylenol, Benadryl, and Lactaid, it is the responsibility of the teen to have it in his/her personal first aid kit.

The kit should also contain:

- Prescription Medication
- 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
- One or two small gifts to share with new Israeli friends, like a t-shirt, hat, something small
- Pens and journal (optional)