**Suggested Packing List - Israel Initiative**

Passport, Documentation, Finances

* Passport (including Alien Registration Card and student visa for international students)
* Airline ticket
* Xerox copies of passport
* Passport carrier (neck-type) and/or belt money pouch
* Hard currency (small to medium denominations)
* Driver's license
* Health insurance information
* Visa/MasterCard/American Express card
* International Student ID Card (where applicable)
* School ID card

Travel

* Medium/Large luggage with identification (2 pieces maximum)
* Backpack / Carry-on with identification. The backpack will be used to carry materials on field studies.
* Snacks
* Light, disposable reading material for flight
* Neck pillow for international flight
* Ear plugs for international flight and for sleeping with a noisy roommate
* Eye cover for international flight
* Travel alarm (battery-powered)
* Travel electrical transformer and power converter (see notes on Electronics)
* Small pocket calculator for money exchange – or download the app!

Clothing

* Two or three pairs of comfortable slacks, skirts, pants or sweats (easy wash/loose fitting/modest)
* Three or four sport shirts or blouses (Polo, T-shirts; no tank tops)
* Sweater or light jacket
* Undergarments
* Swim shorts or one-piece bathing suit for women
* Four or five pair of comfortable walking socks
* One or two long-sleeve shirts
* Comfortable walking shoes (Rockports, athletic cross-trainers, sportiva-type sandals, or ultra-light hiking boots)
* Old discardable shoes or sandals (NOT thong's) (for Hezekiah's Tunnel)
* Additional warm clothes, heavier jacket
* Warm hat
* Scarf, gloves
* Rain poncho/umbrella

Photography

* Camera
* Camera equipment (lenses, filters, etc.)
* Extra camera batteries
* Camera flash attachments (extra bulbs or batteries)
* One or two pocket-size notebooks for photography journal

Toiletries – most essential toiletries are available in Israel but may be more expensive

* Toothbrush, paste, and dental floss
* Shaving supplies
* Shampoo and conditioner
* Chapstick (SPF 18)
* Sun block (SPF 18 and waterproof)
* Personal first aid kit
* Laundry detergent (small bottle or bag)
* Cold remedies
* Band-Aids
* Tylenol or Aspirin
* Anti-diarrhea medication (Imodium, etc.)
* Toilettes, alcohol wipes, or wet-wipes
* Nail clippers
* Tweezers
* Feminine hygiene products
* Anti-bacterial medication (Neosporin, Bactine, etc.)
* Prescription medications (enough for entire trip and a copy of your prescription)
* Contact lens solutions
* Towel / Wash cloth – hotels provide guests with one towel
* Emergency sewing kit (thread, buttons, needles, etc.)

Educational Materials

* Bible Atlas
* Travel Bible (not a paraphrase, both testaments, large enough to read & small enough to carry)
* Notebook/pad with extra paper
* Israel travel book
* Maps (Jerusalem & touring map)
* Pens, coloring markers, high lighter, and pencils
* Small flashlight (plus extra batteries)
* Tape Recorder (including extra tapes and batteries)
* Binoculars
* Compass
* Diary or journal

Miscellaneous

* Sunglasses
* Prescription glasses, spare pare.
* Eye wear retainers (Chums, Croakies, etc.)
* Broad brim hat (wind tie-down)
* Watch
* Water bottle or canteen
* Addresses for postcards
* Large plastic garbage bag for dirty laundry