



RECOMMENDED PACKING CHECKLIST

**In your Hand Luggage**

- Passport / visa
- A photocopy of your passport information page
- Credit cards / cash
- Health & travel insurance documents
- Prescription medications (and any medications you will need while traveling, including Tylenol / Aspirin)
- Snacks
- Mobile device / charger / camera
- One change of clothing
- Books and magazines
- Reading glasses / sunglasses
- Hand sanitizer / wet wipes / tissues
- Any liquids should be in containers no larger than 100ml (3.4 ounces) and placed in a transparent, re-sealable plastic bag (up to 20x20cm).
- No tweezers or sharp instruments

**Toiletry Bag Basics**

- Toothbrush / toothpaste / floss
- Hair products including brush / comb
- Deodorant & personal hygiene items
- Shampoo / conditioner
- Moisturizer / makeup
- Contacts lenses / solution / contact case
- Shaving kit
- Cologne / perfume
- Sunscreen
- Insect repellent
- If you plan to bring hair dryers / straighteners, make sure to have appropriate electrical converter

**Travel Wardrobe**

- Lightweight, layerable, versatile clothes in non-wrinkle fabrics
- Light tops (short or long sleeve)
- Tank tops / undershirts
- Short sleeve polo shirts and t-shirts
- Sweater / cardigan / light jacket
- Jeans / khakis
- Sweatpants
- Gym clothes & sneakers
- 1 pair of comfortable walking shoes and 1 pair of more formal shoes
- Clothes for Shabbat
- Pyjamas
- Swimsuit
- Sun hat
- Flip-flops or sandals

Winter items

- Warm jacket / wintercoat
- Fleece / windbreaker / rain coat
- Thermal underwear
- Warm hat / scarves / umbrella
- Gloves / mittens

**Miscellaneous**

- Small backpack for day touring
- Folding bag or small duffel bag
- Sewing & clothing care kit / stain remover
- Travel journal and pen
- Electrical converters and adapters suitable for trip destination

*Please clearly mark each piece of your luggage with your full name and phone number.