



Packing List

Israel is hot and dry in the summer. Lightweight, easily laundered, drip-dry, cotton or cotton-blend, casual clothing is recommended for most touring days. JCC Maccabi Israel is not responsible for items lost, stolen or damaged, so leave your really good stuff at home.

A backpack is a MUST so you can carry whatever items you will need for the day's activities—a change of clothes, camera, a towel, etc.

Summer Trips

The following items are essential

If you don't bring these things with you, you'll have to buy them in Israel, at your expense.

- Backpack (for hiking and touring)
- Hiking shoes or sneakers with good support
- A comfortable closed hat (must be worn for all hikes and outdoor activities—visors are not acceptable)
- 10-12 short-sleeved shirts or T-shirts (A T-shirt with sleeves must be worn for hiking. Tank tops are allowed only at night.)
- A water canteen or water bottle (We provide a thermal water-bottle cover that holds 1.5 liter bottles, which are easily found in Israel.)
- Sun block (spf 30 or higher)
- Small gifts for host families—one for Mifgash (weekend with Partnership 2Gether) and one for the family during visitation weekend (if applicable)

General items

- 10-12 pairs of socks
- 10-12 sets of underwear
- 2 light sweatshirts
- 2 cotton pajamas
- 2 bathing suits
- 2 pairs of jeans or comfortable slacks
- 3-4 pairs of shorts
- sneakers or sandals
- water shoes
- 1 pair of flip-flops
- a flashlight with extra batteries
- camera
- travel alarm clock
- laundry bag
- pens and other writing materials (postcards, envelopes, and stamps can be purchased in Israel)



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- toiletries, including; shampoo, deodorant, hairbrush/comb, moisturizer, facial soap, toothbrush, toothpaste, razor, shaving gel
- Band-aids
- insect repellent
- small mirror
- sunglasses
- 1-2 towels, for showering and swimming (most hotels provide towels)
- feminine hygiene supplies
- waist pack (may be convenient for carrying money, ID, etc.)

Winter Trips

If you are participating on a JMI winter trip here are some additional items you should pack.

- 3-4 long sleeve shirts (some thermal)
- 1 sweatshirt for evenings or to add onto existing clothing
- 1 jacket/coat – warm and water proof
- umbrella
- some pairs of thick socks (wool is recommended)
- warm gloves
- Ear muffs or similar
- 1 pair of thermal underwear (just in case)
- 1 wind/rain jacket (that folds and can fit into backpack)
- 2 cotton pajamas
- 1-2 pairs of sweatpants
- 1 bathing suit
- 1-2 pairs of shorts
- 1-2 pairs of boots

Modest dress

While you are in Israel you will be visiting a number of religious sites. While all JMI programs are pluralistic and non-denominational, we do ask that you respect the local norms. Therefore, when packing, girls should bring a long skirt (one that falls below the knees) and a shirt that covers their shoulders. Boys should bring a pair of long pants and a kippah (yarmulke).

Specifically for women

- 2 pairs of lightweight pants
- 2 long-sleeved shirts (for religious sites)
- 2 nicer shirts for Shabbat
- 2 skirts comfortable for walking (one must reach below the knee for religious sites)

There is no need to bring expensive jewelry or a lot of make-up; neither is necessary for the activities in which you will participate.

Specifically for men

- kippah (yarmulke) for Shabbat and religious sites
- 2 pairs of light cotton slacks for Shabbat
- 2 collared or dress T-shirts for Shabbat

Note: Articles of clothing with pictures, emblems or writing that are lewd, vulgar, racist, obscene, or advertise or depict drugs or drug use are strictly forbidden.

*If you choose to bring a Musical instrument on the trip we recommend that you ensure it

Laundry

Laundry will be done at least once during your program. A service will pick up the group's laundry in the evening and return it the next evening. JCC Maccabi Israel is not responsible for items lost or damaged during laundering.