



PACKING LIST

REMEMBER TO LABEL EVERYTHING!

LUGGAGE

- 1 large duffel bag with TM16 Luggage Tag – 50 lb. limit; 62” total diameter (height/width/length)
- 1 large backpack (to carry on the plane, for daily use on bus, and for an overnight stay)
- 1 large fanny pack or mesh sports bag

In your backpack you'll need:

- Passport
- Medication
- Toothbrush and Toothpaste + other Toiletries*
- Change of Clothes
- Contact Lens Solution*, Case and Glasses
- Books, Magazines, Cards, Music
- Snacks for the flight (no nuts, please)
- Siddur (provided by Teen Mission)
- Important Phone Numbers
- Money, Credit Card, ATM Card

*Please note that current airport security rules restrict the carry on of liquids to 3 oz. bottles. Any toiletries in liquid form should be placed in a separate 1 quart translucent bag.

In your duffel bag you'll need:

SHOES

- 1 pair sturdy walking/hiking shoes (lightweight recommended)
- 1 pair gym shoes
- 1 pair Tevas or other secure water sandals
(Closed heel – no flip flops are allowed during water and land hiking)

CLOTHING

- 12-15 T-shirts including Teen Mission T-shirt (tank tops and sleeveless shirts not appropriate for hiking due to sunburn)
- 8 pairs of shorts
- 2 pairs of long pants or jeans
- 15 pairs of underwear
- 15 pairs of socks
- 4 pairs of summer pajamas
- 2 swimsuits (we recommend 1 older, one-piece suit for the Dead Sea and water hikes)
- 1 lightweight jacket or sweatshirt
- 2 sun hats

ALSO FOR GIRLS

- 1-2 outfit(s) for Shabbat: Dress or skirt and top
- 1 outfit for religious sites: Dress or skirt and top that covers elbows and knees
- 5 bras (at least one sports bra)
- tampons/pads

ALSO FOR BOYS

- 2 short-sleeved sport shirts for religious sites and Shabbat (not t-shirts)
- 1-2 pairs long-pants (dressier, i.e., khakis for religious sites and Shabbat)

OTHER

- ❑ Watch
- ❑ Bandanas
- ❑ 2 (32 oz.) wide-mouth water bottles
- ❑ Insect repellent
- ❑ Home hospitality gift for the family (not fragile)
 - Bring unwrapped with a gift bag/tissue paper, maximum \$10 gift
 - Suggestions: Michigan specialty item, photo frame
- ❑ Power converter and adapter plug (2 prong, round)
- ❑ 2 beach towels (light weight)
- ❑ 1 laundry bag
- ❑ Alarm clock (battery-operated)
- ❑ Camera with lots of memory space and extra batteries/charging cables
- ❑ Flashlight and extra batteries
- ❑ Books
- ❑ Kippah/yarmulke
- ❑ Tissues
- ❑ Toiletry bag
- ❑ Shampoo/conditioner
- ❑ Soap
- ❑ Toothbrush and toothpaste
- ❑ Shaving equipment
- ❑ Extra pair of prescription glasses and/or contact lenses
- ❑ Extra contact lens solution (very expensive in Israel)
- ❑ Sunblock (AT LEAST 30 spf)
- ❑ Prescription medicine; If inhalers or EpiPens are needed, please send 2
- ❑ Copy of the two i.d. pages of passport (laminated and reduced to wallet size) for identification
- ❑ New or gently used English chapter or young adult book to donate to an Israeli school
- ❑ Spending money (See “Currency” section of Mission Handbook) which includes:
 - Cash for airports and first few days
 - Balance on ATM debit card (counselors will have passcode), a prepaid credit card

OPTIONAL

- ❑ Anti-bacterial gel or wipes
- ❑ Sleeping bag liner
- ❑ Nylon water bottle sleeve
- ❑ Ziploc bags
- ❑ Journal
- ❑ 1 pair sunglasses
- ❑ Travel-size hand wash detergent
- ❑ Additional religious articles if you own them (*tallit; tefillin*)

THINGS NOT TO PACK

- Linens and pillows
- Luggage that is not easily carried
- Expensive jewelry or other valuables
- Heavy hiking boots
- Laptop or expensive electronics, phones, internet-ready devices

You will receive color-coded luggage tags at your bus meeting.
They must be attached to both your carry-on and duffel!

REMEMBER TO LABEL EVERYTHING!
Do not lock your bag or bring any sharp objects.

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