

Birthright Israel: Shorashim Suggested Summer Packing List

Summer weather in Israel is hot & sunny! Evenings in Jerusalem & the desert cool down to 60-70 degrees Fahrenheit. **Pack any important medications & at least one change of clothes in your carry-on bag. Pack as light as possible.** Constant hydration & protection from the sun are a top priority - **a water bottle, hat, & sunscreen are ABSOLUTELY necessary!**

CLOTHING:

- 12-14 pairs of underwear & socks
- 1-2 pairs of long pants (jeans, athletic pants, or sweat pants)
- 1-2 long-sleeved t-shirts, sweaters, or sweatshirts
- 8-12 t-shirts
- 5-7 pairs of shorts
- 1-2 bathing suits
- Pair of sturdy shoes for hiking/walking
- Pair of comfortable shoes
- Pair of flip-flops
- Pair of shoes appropriate for hiking in water - these should be sturdy shoes that can be submerged in water (Teva sandals/old gym/hiking shoes)
- Hat (for protection against the sun) or bandana
- Pants &/or skirt to cover your knees & something to cover your shoulders (if in tank top) for religious sites where modesty is required

ADDITIONAL ITEMS

- Small backpack for day excursions/to use as a carry-on bag
- Water bottle /Camelbak
- Toiletries
- Sunglasses
- Sunscreen
- 2 beach towels
- Journal
- Israel adapter plug
- Copy of your passport
- Copy of your itinerary
- Copy of your domestic travel plans
- Small bag, purse, or fanny pack to hold essentials during free time
- Snacks

Be sure you, your bags, & flights are covered- Get your insurance at tinyurl.com/shctas

Communicate with friends & family with an affordable SIM card or cell phone @ tinyurl.com/shcell

You will be sleeping outside one night in the desert where mattresses & sleeping bags will be provided. You will want to sleep in a sweatshirt & possibly sweatpants for that night.

***SPENDING MONEY:** Participants generally bring at least \$300 of spending money. You should not change money in advance, as it is more expensive to do so in the US, & there will be an opportunity upon arrival. You can expect to spend money on the following:

1. Gifts & souvenirs
2. Daily purchases of drinks & snacks, including bottles of water
3. Ten "independent meals"
4. Suggested group tip/gift for bus driver & tour educator (\$70)

CARRY-ON BAG:

- Passport
- Spending money*
- One change of clothes (in case of lost luggage)
- Necessary toiletries
- All prescription medications
- Over-the-counter medications (for colds, allergies, & aches/pains)
- A snack
- Camera
- Headphones/Music player

DO NOT BRING:

- More than you can carry yourself
- More than one carry-on bag & one checked bag
- Laptop computer or any expensive electronic devices
- Alcoholic beverages or illegal drugs

For overnight lodging, keep valuables in the hotel safe when available.