



Momentum Trips: What to Pack

Basic Travel Items for Women and Men

Dress is generally informal in Israel. The summer months are hot and humid, although in Jerusalem it tends to be drier. In the fall and winter, temperatures are cooler, but can vary widely. Rain is more common on fall and winter trips. We suggest that you bring comfortable, easily laundered clothing.

Comfortable walking shoes or sneakers are a must- especially on *Shabbat*, there will be a lot of walking every day. A light jacket or sweater may be needed as Jerusalem may get cool at night. Expensive watches, jewelry, electronics and other valuables should be kept to a minimum or better yet, left at home. If you do decide to bring any of these items, please pack them, your passport and a sufficient supply of any prescription medications you are taking, in your carry-on luggage. Once in Israel, we suggest placing your valuables and passport in the hotel safe and carrying your camera and cash/credit cards with you at all times. Consider a small travel purse which can be worn comfortably messenger-style (across your body).

Documents - To be carried with you (in carry-on or travel purse)

- Passport/Visa**
- Tickets
- Credit Card/Debit card
- Cash

**NOTE: Photocopy the inside photo/signature page of your passport, which includes your passport number. Keep it in your suitcase. Once in Israel, your passport should be kept in the hotel safe. Also, don't bring personal or travelers checks. Credit cards are much easier and accepted in many more places.



Small Carry-on Bag (MOMENTUM backpack)

- Documents
 - Medications
 - Snacks/gum/hard candy- trail mix, granola bars, mixed nuts, peanut butter, and crackers are all good options that will provide energy
 - Tissues
 - One change of clothing
 - Hat for sun
 - Reading material/ puzzle books
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Medical Toiletries

- Prescription medications
- Band-Aids
- Pain-relievers
- Diarrhea medication
- Laxatives
- Alka Seltzer/Pepto Bismol
- Motion sickness medication
- Cold capsules
- First-aid cream
- Extra pair of eyeglasses/contact lenses and all assorted liquids and cases
- Sleeping pills

**NOTE: All medications should be kept in your personal item or backpack. Do not pack in checked bag. No tweezers or sharp instruments in your personal item.

Miscellaneous

- Clothes washing liquid, small container for washing in the sink
- Sewing kit
- Folding bag or Nylon duffel bag as this could be used as a 2nd piece of luggage for the end of the trip to bring back to home
- Safety pins
- Pen/Pencil
- Camera/Batteries/Cables for charging electronics



WOMEN – Clothing and Additional Items

The holy sites we will visit tend to have an expectation of modesty for women. This usually means covering shoulders (short sleeves will do), long shorts, capris or long pants, or a skirt. Many participants carry a light pashmina and/or a light skirt to help cover arms and cleavage.

- Hat for sun
- T-shirts and tops
- Shorts
- Jeans/ pants / capris
- Walking shoes
- Skirts/Dresses (to or below the knee length) for *Shabbat*, the *Kotel*, other times where you wish to be respectfully modest
- Swimsuit, water shoes and large towel (for Dead Sea swimming)
- Pajamas
- Hoodie, light jean jacket or pashmina (can serve both as warmth for cool evenings and as coverage for modesty)
- Jewelry (bring very little)
- Undergarments
- Sunscreen
- Deodorant
- Sanitary Supplies
- Comb & Brush
- Hairdryer/Curling or Flat Iron
- Electrical converter/adaptor
- Shampoo/Conditioner
- Pre-moistened towelettes
- Make-up/Facial Cleanser/ Moisturizer
- Toothbrush/Toothpaste/Dental floss
- Cotton swabs



MEN - Clothing and Additional Items

- Hat for sun
- T-shirts and tops (shorts/jeans/pants)
- Walking shoes
- Slacks and shirt for *Shabbat* and the *Kotel*, as well as other times where you wish to be respectfully modest
- Swimsuit, water shoes and large towel (for Dead Sea swimming)
- Pajamas
- Hoodie or light sweater
- Undergarments
- Tissues
- Sunscreen
- Deodorant
- Comb & Brush
- Shampoo/Conditioner
- Pre-moistened towelettes
- Talcum Powder
- Toothbrush/Toothpaste/Dental floss
- Cotton swabs
- *Tallis/Tefillin* (if you own a pair)