



## MoMENTum Trip to Israel: What to Pack

### Documents for Travel

- Passport(s)
- Visa – received at Ben Gurion airport at passport control
- Credit and/or debit cards (check which cards have no foreign transaction fees)
- Cash – we recommend bringing approximately \$300

### Digital Documents

- Picture or scan of passport
- Picture or scan of Visa – received at Ben Gurion airport at passport control
- Airline tickets/boarding passes
- Contactless payment methods, ie. Apple Pay, Google Pay

### Clothing

Israelis tend to dress informally. The summer months are hot and humid, though Jerusalem tends to be drier and chilly at night. In the fall and winter, temperatures are cooler, but can vary widely. Rain is more common in the fall and winter. We suggest that you bring comfortable, easily-laundered clothing.

- T-shirts
- Polo and/or button-down, collared shirts – for Shabbat, visiting the *Kotel*, and other times where you would like to be respectfully modest
- Shorts
- Pants – Jeans, athletic bottoms
- Slacks – for Shabbat, visiting the *Kotel*, and other times where you would like to be respectfully modest
- Pajamas
- Sweatshirt or light jacket
- Undergarments
- Swim trunks

### Shoes

There will be **a lot** of walking during your Momentum experience, especially on Shabbat! We recommend:

- Durable sneakers/walking shoes
- Comfortable sandals – ie. Tevas, Chacos
- Water shoes/"aqua socks" – for Dead Sea swimming (note that these might not survive the experience, so plan accordingly)

### Accessories

Expensive watches, jewelry, and other valuables should be kept to a minimum or left at home. If you do decide to bring these items, please pack them in your carry-on luggage. Once in Israel,



we suggest placing your valuables and passport in the hotel safe and carrying your wallet and a photocopy of your passport with you at all times in a small bag worn close to the body.

- Tallit, tefillin, kippah/yarmulke if meaningful to you
- Sunhat or baseball cap
- Cooling towel/washcloth
- Large towel (for Dead Sea swimming; hotel towels may not be used for these purposes)
- Small notebook
- Small travel messenger bag/fanny pack
- Extra duffle bag (foldable) – To use as a second piece of luggage if you purchase extra clothing/souvenirs

### **Toiletries (as needed)**

- Toothbrush, toothpaste, dental floss
- Sunscreen
- Deodorant
- Comb, brush
- Lotion
- Eyeglasses/contact lenses and related liquids and cases

Do not pack tweezers or sharp instruments in your carry-on luggage.

### **Medications and Medical Supplies (as needed)**

All medications should be kept in your personal item or backpack. Do not pack in your checked bag. No tweezers or sharp instruments in your personal item. Note, some medications that can be purchase over the counter in the US require a prescription in Israel. Bring any medications that you might need with you.

- Prescription medications
- Band-Aids
- Pain relievers
- Diarrhea medication
- Laxatives
- Alka Seltzer/Pepto Bismol
- Motion sickness medication
- Cold medication
- Neosporin or other first-aid cream
- Sleeping pills

### **Electronics**

Israel uses a 220 volts voltage system. Prior to bringing any electronic item to Israel, confirm it can be used with a converter or adapter.

Anything with a lithium-ion battery must be packed in your carry-on luggage. It is not allowed in checked baggage.



- Electrical converter/adapter
- Charging cables/batteries
- Camera

### **Carry-on Bag**

Before or on the first day of your Momentum Trip, you will receive a Momentum backpack. We recommend that you **use this backpack as your carry-on bag during travel, and as your day bag while in Israel.** In that bag, we recommend carrying:

- Documents
- Medications
- Hat
- Sunscreen
- High-protein snacks
- Gum, candy
- Tissues
- Reading materials
- Pen, pencil
- One change of clothing