



MOMentum Trip to Israel: What to Pack

Documents for Travel

- Passport
- 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 for meals on your own and spending

Digital Documents

- Picture or scan of passport
- Picture or scan of Visa – received at Ben Gurion airport at passport control
- Picture or scan of 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** and **dress in layers**.

- Tee-shirts and tops
- Shorts
- Pants – Jeans, leggings/athletic bottoms, capris
- Dresses
- Pajamas
- Sweatshirt or light jacket
- Undergarments
- Swimsuit

Some locations in Israel request that visitors dress modestly. So that you can enter these locations, we suggest you carry the below items in your day backpack:

- Light knee-length/midi skirt
- Light long-sleeved top/sweater/jacket
- Momentum gift pashmina

Shoes

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

- Durable sneakers/walking shoes
- Comfortable sandals – ie. Texas, 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, 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.

- Jewelry
- Sunhat or baseball cap
- Cooling towel/washcloth
- Large towel (for use after floating in the Dead Sea)
- 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)

- Shampoo and conditioner
- Toothbrush, toothpaste, dental floss
- Sunscreen
- Deodorant
- Sanitary supplies
- Comb, brush
- Make-up
- Lotion, face wash, skincare
- Eyeglasses/contact lenses, related liquids and cases
- Hair dryer, curling iron, flat Iron (only if can be used with 220 volts)
- Sewing kit
- Safety pins

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. 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

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

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

Carry-on Bag

Before or on the first day of your Momentum Trip, you'll 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
- High-protein snacks
- Gum, candy
- Tissues
- Reading materials
- Pen, pencil
- One change of clothing
- Modest skirt/shirt