



Momentum Trips: What to Pack

Basic Travel Items

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. You might need a light jacket or sweater, as Jerusalem can 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 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 valuables and your passport in the hotel safe. Carry cash/credit cards and a photocopy of your passport photo page with you at all times. Consider a small travel bag that can be worn comfortably messenger-style (across your body).

Everyone will receive a Momentum backpack on the first day of the trip in Israel.

Digital Documents for Travel:

- Airline tickets/boarding passes
- ETA Visa approval (completed prior to traveling to Israel)
- Picture or scan of passport
- Picture or scan of Visa to enter Israel (received at Ben Gurion airport upon arrival)
- Contactless Payment methods, ie Apple Pay, Google Pay

Documents for Travel:

- Passport
- Visa to enter Israel (received at Ben Gurion airport upon arrival)
- Credit card/Debit card (let them know you are traveling internationally)
- Cash

Small Carry-on Bag (MOMENTUM backpack)

- Documents
- Medications
- Snacks/gum/hard candy (e.g. 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
- Sunscreen
- Reading material/ puzzle books

Medical Toiletries (at your discretion)

- Prescription medications
- Adhesive bandages
- Pain relievers
- Diarrhea medication
- Laxatives
- Antacid tablets
- Motion-sickness medication
- Cold medication
- First-aid cream
- Extra pair of eyeglasses/contact lenses and all associated liquids and cases
- Sleeping pills

****NOTE:** All medications should be kept in your personal item or backpack. Do not pack in checked bag. Remember, no tweezers or sharp objects in your personal item.

Miscellaneous

- Folding bag or Nylon duffel bag that could be used as a 2nd piece of luggage for the end of the trip to bring back to home (depending on your potential shopping results)
- Pen/Pencil and a small notebook
- Camera/Batteries/Cables for charging electronics

MEN - Clothing and Additional Items

- Hat for sun
- Cooling Towel
- t-shirts and shorts
- Durable, comfortable walking shoes
- Slacks for *Shabbat* and the *Kotel*, as well as other times where you wish to be respectfully modest
- Swimsuit, water shoes and large towel (optional)
- Clothes and closed-toe shoes for agriculture/farming activity (itinerary dependent)
- Hoodie or light sweater
- *Tallit/Tefillin* (if you own and want to bring them)



