



Momentum Trips: What to Pack

Basic Travel Items for Women

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.

Some locations in Israel request that visitors dress modestly. You may choose to bring a light knee-/mid-/full-length skirt to slip on and over your clothes, and a light jacket that is easy to carry in your day bag. Momentum will also give you a lightweight pashmina shawl as a welcome gift; many participants choose to carry it with them and use it to cover their shoulders or wrap around their waist.

Comfortable walking shoes or sneakers are a must, especially on Shabbat, as there will be a lot of walking. A light jacket or sweater may be needed 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 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 in the hotel safe and carrying your passport, 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.

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

- 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

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

- 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

- Hat for sun
- Cooling towel
- T-shirts and tops
- Shorts
- Jeans/ pants / capris
- Walking shoes
- Clothes and closed-toe shoes for agriculture/farming activity (itinerary dependent)
- Knee-/midi-/full-length skirt(s) and/or dress(es)
- Pajamas
- Hoodie/light jacket/shawl
- Swimsuit, water shoes and large towel (for Dead Sea)
- Jewelry (bring very little)
- Undergarments
- Sunscreen
- Deodorant
- Sanitary Supplies
- Comb & Brush
- Hairdryer/Curling or Flat Iron
- Electrical converter/adapter
- Shampoo/Conditioner
- Pre-moistened towelettes
- Make-up/Facial Cleanser/Moisturizer
- Toothbrush/Toothpaste/Dental floss
- Cotton swab