

## DOR L'DOR TRAVEL PACKING LIST

### TIPS BEFORE YOU PACK

- Israel is very informal and very hot (some nights in the North and the Desert are chilly).
- You will have to carry your luggage yourself (don't go nuts, we mean it!).
- Think twice (or three times) before bringing ANYTHING you are afraid of losing or breaking (including expensive cameras, jewelry, ipods, etc.). If you'll miss it if it disappears, leave it at home.
- Laundry is done three times over the course of the trip. It is generally done every week and a half.

### LUGGAGE

Forms of Luggage:

- Acceptable luggage options include duffel bags, duffel bags that convert to backpacks, soft hiking backpacks or backpacks with internal frames. **Luggage may have wheels, but please remember** they add weight to the already strict weight requirements for travel and are prone to breaking. Be sure to take into consideration that the weight of your luggage will impact how much you are able to pack. Suitcases are not acceptable luggage for Dor L'Dor.
- You **MUST** be able to carry your own luggage and repack it without assistance. Do not over pack the luggage as it will often cause the luggage to rip or tear and need to be replaced while traveling.
- An empty collapsible nylon duffel, or similar bag, capable of holding clothing for 4-5 days of travel, must be packed inside your luggage.

Luggage Dimensions:

- The combined dimensions may not exceed **62" (e.g. 32" length x 12" width x 18" height)**.
- After packing, luggage may not exceed **46 lbs. or 23 kgs.**
- These dimensions are non-negotiable and are set by the airline.

### MANDATORY ITEMS

The following items are mandatory and must be in possession of the participant when the trip departs. Missing any of the following items will be reflected in the participant's evaluations during the summer and are grounds for dismissal from the program.

Footwear:

- Hiking boots (**must support the ankle** and be light and comfortable – ankle support is non-negotiable, no support, no hiking)
- **BREAK IN YOUR HIKING BOOTS WELL BEFORE THE TRIP**
- Shoes that can be worn in water (like Tevas) that have straps or laces and won't fall-off easily.

Other:

- Alarm clock (battery operated)
- **Double supply** of any medication you will need for the duration of the trip and any special instructions.
- Flashlight/Batteries
- Hats (2) – Dor L'Dor participants are required to wear a hat while outdoors during daylight hours. Therefore, hats should be comfortable and should provide sun protection. Baseball hats are acceptable. **Bandanas and visors are not acceptable.** (Consider purchasing another hat in Israel)
- Some form of identification with name, address and photo (photocopy of inside of passport, drivers license, or state issued ID are acceptable forms of identification).
- Sunglasses
- Sunscreen (at least SPF 15)
- Wristwatch (inexpensive and waterproof)

## GENERAL ITEMS (BOYS AND GIRLS)

### Clothing:

- Bathing suits (2-3) \*No bikinis for girls!
- Jean or Khaki shorts (pocket shorts) (1-2 pair)
- Jeans/Khaki's/Slacks (casual) (1-2 pair)
- Light sweaters/sweatshirts (1)
- Long sleeve shirts (casual/button down for evening, etc.) (1-2)
- Mesh/Gym/Cotton shorts to hike in (7 pair)
- Sleepwear (2-3) \*It gets cold when we sleep outside in the desert so you should have long pants and long sleeves to sleep in.
- Socks (16 pair)
- Sport bras (3-5)
- T-shirts to hike in (10-12)
- Other short sleeve shirts (tank tops or sleeveless shirts may not be worn during daylight hours) (2-3)
- Underwear (16 pair)

### Footwear:

- Casual shoes (sneakers/Keds, for example) (1 pair)
- Sandals/open shoes (no backless sandals) (1 pair) \*consider purchasing sandals in Israel
- Shower Shoes (1 pair) \*your water shoes may double as shower shoes

### Other:

- Mesh Laundry Bag (light color) (2)
- Towels (2 for the beach)

## MODEST DRESS & DRESS CLOTHES

Our itinerary includes a number of visits to religious sites. When packing, be sure to include one or two "modest" outfits for these visits. Boys should bring long pants and a collared shirt/jersey.

Girls should bring long skirts **to the ankle**; and blouses or shirts that have sleeves. These visits often occur in the middle of the day, so bring clothes that you can carry in your daypack and consider slipping them on over what you're already wearing. Girls often find that a long, lightweight cotton skirt is best for this purpose. Also, it is customary that for Shabbat each camper **wears nice** clothing that will contribute to the Shabbat atmosphere (**we require that all tops be white**, but bottoms need not be blue). Keep this in mind when packing.

### **GIRLS**

- White blouses/jerseys (must have sleeves) (2)
- Long Skirts/Sun dresses (with sleeves to at least just above the elbows) (1-2)
- Short skirts or sleeveless Sundresses **are not allowed.**
- Your shirts must meet your skirts when wearing them both together

### **BOYS**

- White golf jerseys or white shirts with collars (2)
- Slacks/Khaki's to be worn on Shabbat – *no* shorts, *no* jeans, *no* torn pants (2)
- Kippot (2)

## TOILETRY ITEMS

- Contact lens solutions including rewetting drops\*
- Deodorant (2)
- Hairbrush
- Shampoo
- Shaving supplies
- Soap
- Toothbrush (2)
- Toothpaste
- Feminine hygiene products

These items are readily available in Israel in both American and Israeli brands. Feminine hygiene products however, are **VERY** expensive in Israel, so girls will want to bring enough for the summer.

**\*FOR THOSE CAMPERS WHO WEAR CONTACT LENSES:** Contact lens wearers are strongly advised to bring a pair of glasses and an additional pair of contacts (if disposable) for emergencies.

**Disposable contacts are highly recommended.** If nothing else, the dust of the Israeli desert can be a problem with contacts. Contact lenses must be chemically cleaned only.

## OPTIONAL ITEMS

- Tallit & T'fillin (you will have daily opportunities to wear these)
- radio/walkman/mp3 player
- sewing kit
- extra batteries\*
- camera/film\*
- overseas adapter
- bug spray
- motion sickness medication (i.e. dramamine)
- brush ups (for camping out)
- baby wipes/antibacterial lotion
- small mirror
- tissues/toilet paper
- games/musical instruments
- moisturizer
- reading material
- disposable camera-waterproof and/or regular
- shout wipes
- money belt
- travel pillow
- over the shoulder bag or fanny pack (for girls)

\*These items are particularly expensive in Israel, so bring a good supply.