

# ISRAEL PLANNING & PACKING GUIDE

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# LET'S GO TO ISRAEL!

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*Step into this beautiful land as a seeker  
in childlike wonder and delight*

*Savor it-  
the sights, sounds, tastes, and textures*

*Listen and re-member  
Come together as your true, beloved self*

# PRE-TRIP CHECKLIST

For peace of mind

## TRAVEL PAPERWORK

- See the Travel Paperwork Checklist for information on the 5 mandatory documents you'll need to travel to Israel. This is a separate document.

## OTHER PAPERWORK

- Pay your bills ahead or set up automated payments.
- Stop mail, newspaper, & other automatic deliveries.
- Notify your home security company
- Notify your bank (ATM card) and credit card company of your travels. In Israel, use a MasterCard or Visa with a high credit limit and no foreign transaction fees. American Express, Discover, and Traveler's Checks do not work in Israel.
- If you are planning to use a credit and/or debit card at an ATM in Israel, each will require a pin number.
- Get cash for your trip, including small bills for tipping and street vendors. Even street vendors will take American dollars.
- Sign up for an international phone plan or keep your phone in airplane mode to avoid roaming charges.

## HOME & LOVED ONES

- Arrange for care of dependent loved ones, pets, & plants. Stock up on food, litter, and other supplies if they are staying home under another's care.
- Make two copies of your itinerary, trip insurance, passport, front and back of your credit/debit cards, and other important paperwork. Leave one with a loved one and pack one for your trip.

## MISCELLANEOUS

- Arrange your transportation to and from the airport.
- Purchased travel-friendly toiletries and dry snacks
- Purchase over-the-counter medications and refill prescriptions.
- Charge all electronics for the trip and pack them along with their chargers.
- Clean out the refrigerator & throw out the trash.
- Turn off lights or set timer for lights.
- Turn off fans and set AC to 82 degrees and heat to 55 degrees.
- Close/lock windows, doors, & garage door.



# PACKING TIPS

## Rule #1- Pack Light, Pack Smart

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- If you're traveling with someone, cross pack so you'll each have some of your items in case a piece of luggage is lost. Consider what items you can share on the trip to avoid unnecessary duplications.
- Electricity differs in Israel. You will need a voltage converter/transformer and plug adaptors. Most of the time, these items are packaged together when you buy them.
- Check the weather in Jerusalem (the coldest place) and Tiberias (the warmest place) 5 days before your trip and pack accordingly. Dress in layers. The temperature will change greatly over the course of the day, plus expect changes due to wind, altitude, and air conditioning.
- Umbrellas are not recommended, especially if you're traveling in a group. It can also be windy. Consider a lightweight raincoat or poncho. Ponchos are great at protecting camera equipment.
- Pack modest, casual clothes only.
  - Avoid clothing with symbols, wording, logos, and camouflage.
  - Avoid form-fitting leggings and workout clothes.
  - Nothing short or shear.
- Repeat clothes and pack light.
  - If you're traveling a great distance to get to Israel, the first two days of your trip are often travel days. Plan on one comfortable outfit for the two-day span.
  - Your final day of touring often ends with your flight home. Again, plan on one comfortable outfit for the two-day span.
- Consider organizing your belongings using packing cubes, pouches, or zip-top bags within your luggage.
- Allow space in your luggage to bring home souvenirs or pack a lightweight tote. Make a list of persons you want to buy gifts for and set a budget.



# PACKING TIPS

Continued...

- Decide if you're packing a personal item and a carry-on bag or a personal item and a checked bag. Whatever your decision, make sure you can personally carry what you are bringing onto the plane through the airport without assistance.
  - The Advantages of Checked Bags - 1) more space for packing 2) less baggage to carry through the airport and through security 3) you can pack full-size liquids, aerosols, gels, creams, and pastes.
    - Your checked bag should weigh less than 50 lbs. when packed.
  - The Advantages of Carry-on Bags - 1) your items remain with you unless the flight is over-crowded 2) the smaller size helps you to not overpack. 3) Power banks are not allowed in checked luggage and must be less than 100 Wh.
    - Carry-on bags should be 22 x 14 x 9 inches or smaller.
    - All liquids, aerosols, gels, creams, and pastes must follow the TSA 3-1-1 Rule.
  - See page 5 for information on Personal Items and a packing list.
- The TSA 3-1-1 Rule applies to all liquids, aerosols, gels, creams, and pastes you are bringing on the airplane in your carry-on bag or personal item. The rule includes items like toiletries, makeup, food, and drinks.
- The TSA 3-1-1 Rule
  - Each container of liquids, etc. and their contents must be 3.4 oz or less
  - All the containers must fit in 1 quart-size, clear, plastic bag.
  - Each person is allowed 1 bag.
  - There are exemptions for medication and up to 12 oz of hand sanitizer.
  - [CLICK HERE](#) for more information on the TSA 3-1-1 rule.
  - [CLICK HERE](#) for TSA's extensive, searchable "What can I bring?" webpage.
- Do not bring
  - sharp objects, including pocket knives and multi-tools. This includes scissors that exceed 4 inches.
  - self-defense sprays and weapons
  - alcohol, marijuana, medical marijuana, products containing CBD





# PACKING TIPS

## Breeze Through TSA

- Listen carefully to the TSA officers and follow their instructions.
  - Screening instructions may be different than what you've planned for. Do exactly what they ask without question.
  - Do not distract officers with chit-chat or jokes. A smile and a thank you are always appreciated.
- Pack items you're carrying onto the plane so you can easily access everything you need to pull out or take off for the TSA security screening. This often includes:
  - Your 3-1-1 plastic bag
  - All electronics larger than a cell phone.
  - Possibly your food and up to 12 oz hand sanitizer
  - Removing your shoes and jacket
    - If you're over age 75, you will be not be asked to remove your shoes, nor jacket.
    - Wear shoes that are easy to remove and put on again.
    - Wear socks so you aren't barefoot in the security line.
    - Avoid highly decorated clothing (sequins, rhinestones, metal, etc.)
- Keep the following items in your bag, not in the bins.
  - Belts and hats
  - Chargers, power banks, and cords for electronics
  - Coins, wallet, ID, passport, keys, tissues, and any other items in your pockets. Your pockets should be completely empty.
- Once you've completed your security screening, use hand sanitizer and/or wash your hands as soon as possible. This is one of the dirtiest areas in the airport.



# YOUR PERSONAL ITEM

Everything you need, right at your feet

The size of a personal item is regulated, with some airlines allowing items up to 18 X 14 X 8 inches and others allowing items up to 17 X 10 X 9 inches. Check your airline for their requirements. If your item is too big, they may force you to check it or place it in the overhead compartment.

If your personal item meets the size requirements, you're never forced to check it since it remains at your feet during the flight. Pack it with the essentials you will need during the flight plus your valuables. Avoid opening the overhead bin during the flight. Medical and mobility items do not count as personal items.

Many persons choose a small backpack, weekender bag, or crossbody bag as their personal item. Choose something you feel comfortable carrying through the airport yourself.

## PERSONAL ITEM PACKING LIST

- Passport Plus Additional ID
- Covid Vaccination Card and Negative Covid Test Results
- A Facemask plus a Spare
- Tour Group Name Badge
- Itinerary and Boarding Pass/Tickets
- Credit/Debit Cards, US Cash (optional: Israeli Shekels)
- Insurance Cards and Travel Insurance
- Emergency Contact Information
- Photocopy of Passport, Cards, and other important documents
- Journal and Pen
- Reusable Water Bottle, Dry Travel-Friendly Snacks, Mints (Stay Hydrated!)
- Earplugs & Sleep Mask (sometimes provided on flight)
- Earphones (optional: headphones)
- Medications and Prescriptions
- Jewelry
- Entertainment for Flight (Tablet, E-Reader, Book, etc. plus their needed chargers)
- Wrap or Blanket (optional: neck pillow and compression socks)
- Camera, if you're bringing one
- Tissues and Sanitizing Wipes (sometimes provided on flight)
- One complete outfit in a packing cube or zip-top bag
- Travel Size Toiletries (3.4 oz or less) in a TSA approved clear plastic bag or quart-size zip-top bag: Hand Sanitizer, Face Wipes, Deodorant, Lip Balm, Hand Cream, Toothbrush, Toothpaste, etc.



# ISRAEL PACKING LIST

For a Winter Group Tour

## CLOTHES

- Undergarments, including Socks (optional: compression socks)
- Pajamas
- Tops: long and short sleeves (shoulders and chest covered)
- Bottoms: long pants and jeans (not form fitting)
- Ladies: shawl or scarf for religious sights
- Hat and Sunglasses
- Sturdy, Slip-resistant Walking Shoes (2 pairs, waterproof bag for each)
- Swimsuit, Cover-up, Water Shoes for Jordan River & Dead Sea, (waterproof bag for each)
- Waterproof, Windbreaker-type Jacket or Poncho (no umbrellas please)
- Sweater, Fleece, or Sweatshirt
- Coat and Gloves (optional: long underwear)
- Small Backpack or Other Day Trip Bag
- Money Belt, Travel Pouch, or Wallet
- Laundry Bag
- Watch and Minimal Jewelry

## TECH

- Phone and Charger (optional: power bank)
- Camera, Charger, and Extra SD Cards (optional: selfie-stick)
- Earphones (optional: headphones)
- Voltage Converter/Transformer and Plug Adapter

## MISCELLANEOUS

- Passport Plus Additional ID
- COVID Vaccination Card
- Negative COVID Test Results
- Facemasks
- Tour Group Name Badge and Luggage Tags
- Itinerary and Boarding Pass/Tickets
- Credit/Debit Cards, US Cash (optional: Israeli Shekels)
- Insurance Cards and Travel Insurance
- Emergency Contact Information
- Business Cards or Calling Cards (to exchange contact info with your new friends)
- Photocopy of Passport, Cards, and other important documents
- Journal and Pen
- Lightweight Bible
- Small Plastic Baggie for Toilet Paper and Hand Sanitizer
- Car and House Keys
- Reusable Water Bottle, Dry Travel-Friendly Snacks, Mints
- Earplugs & Sleep Mask (sometimes provided on flight)
- Washcloth and Hand Towel
- Toiletries and Makeup
- Medications (optional: motion sickness meds or patches)
- Entertainment for Flight (Tablet, E-Reader, Book, etc. plus needed chargers)
- Wrap or Blanket (optional: neck pillow)





# YOUR DAY BAG

For visiting sites

Decide if your personal item from the plane trip will be your day bag or if you need to pack an additional bag.

## DAY BAG PACKING LIST

- Passport Plus Additional ID (leave copies in your room safe)
- Covid Vaccination Card and Negative Covid Test Results
- Money belt, travel pouch, or wallet with your credit/debit cards, plus some of your US cash and optional Israeli Shekels. (leave the rest in your room safe)
  - Lunch will cost approximately \$15 daily.
- Insurance Cards and Travel Insurance
- Emergency Contact Information
- A Facemask plus a spare
- Tour Group Name Badge
- Your Whisper (headphone device provided by tour guides). Some guides use cell phone apps instead of whispers.
- Phone, Earphone, and Charger (optional: power bank)
- Journal and Pen
- Lightweight Bible
- Reusable Water Bottle, Travel-Friendly Snacks, Mints
  - Water is also available for purchase on the bus.
  - Stay Hydrated!
- Small Plastic Bag with Lip Balm, Hand Cream, Toilet Paper, and Hand Sanitizer
- Medications
- Camera and SD Cards, if you're bringing one. Make sure the battery is charged.
- Room Key
- Poncho or Raincoat
- Hat and Sunglasses
- Ladies: shawl or scarf for religious sites



# TIPS FOR LONG-HAUL FLIGHTS

## Arrive ready to tour

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- Watch what you eat the day of the flight and on the flight
  - Avoid carbonated beverages and foods that will make you gassy
  - Avoid fried foods, salty foods, and foods that will make you bloated
  - Avoid foods that are hard to digest
  - Keep it light- vegetables, whole grains, lean sources of protein
- Arrive several hours before your flight to allow plenty of time for your security screening and possible gate changes.
  - Remember, boarding time is a minimum of 30 minutes before your scheduled departure time. Be at the gate at least 45 minutes before your departure time.
- Before boarding the plane
  - Rearrange the contents of your personal item. You packed it one way for the TSA screening, now repack it so you can easily access everything you'll need during the flight.
  - Set your electronics to airplane mode
  - Use the restroom and put on compression socks if you're using them.
- When you arrive at your seat
  - Sanitize the tray table, armrest, and seat belt buckle
  - Remove items from the seat pocket and place them on the floor under your personal item. Use the pocket for the items you'll need during the flight. Don't forget to repack what you put in the pocket at the end of the flight.
  - Set your watch to Israel time once you're on the flight that will land in Israel.
  - Set an alarm for 2.5 hours before the flight will land so you will have easy access to the restrooms to freshen up. Israel requires everyone to be seated 30 minutes prior to landing.
- Stay Hydrated! The air in airplanes is dry.
  - Avoid carbonated beverages, caffeine, and alcohol
  - Use your glasses rather than contact lenses
  - Stay moisturized with lotions and lip balm. Wear sunscreen.
  - Ask the flight attendant to fill your water bottle and keep drinking



# TIPS FOR LONG-HAUL FLIGHTS

## part two

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- In-flight meals
  - Even though it's an overnight flight, you'll be served dinner soon after boarding and breakfast closer to landing time. This pattern will help you adjust to the new time zone. You can choose to eat or skip the meal.
- During the flight, stretch and walk regularly. Wear shoes if you're walking or using the bathroom.
- If you're planning to sleep, stick to your nighttime routine after dinner. Wash up and wear comfortable layers of clothing. If you read before sleeping, read. As you're making your seat cozy with your pillow and blanket, try placing a pillow or rolled-up blanket/jacket at the base of your back.



# A PRAYER FOR TRAVELERS

Peace be with you

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*Jesus,  
Draw us to your side  
so we may hear your call  
and follow*

*Give us the courage to travel light  
to divest and downsize  
and embrace the freedom that it brings*

*Give us the blessing of being fully present  
Of trusting you to  
care for all we leave behind  
provide all we need along the journey  
do abundantly more than we can ask or imagine*

*We bow before the honor of meeting you in Israel  
We rise to walk and listen  
Grant us the grace and openness we need  
To be changed for good*



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