

PACKING LIST FOR PARTICIPANTS— ISRAEL/PALESTINE APRIL 25-MAY 5, 2006

- airline tickets and photocopy
- passport and photocopy
- cash, credit card, ATM card
- money belt or document pouch
- Pepto Bismol or other stomach aid
- moist disposable towelettes or germicidal “dry” soap
- broad-spectrum antibiotic (check with personal physician)
- aspirin and/or ibuprofen
- antibiotic ointment
- any medication you take regularly (in original bottle)
- lip balm
- sunscreen
- band-aids
- laundry soap
- 2 washcloths
- Bible
- six feet of cord (optional) or strong tape for suitcase or other repairs
- various sizes of plastic bags
- folding hat
- pajamas and robe
- phone card
- lightweight waterproof jacket or raincoat (weather will hover around 70 degrees)
- sweater
- underwear, socks
- comfortable walking shoes (streets are uneven and often slippery)
- shampoo
- toothbrush, floss, toothpaste
- razor
- small water bottle
- small tissue packets
- small sewing kit
- flashlight
- sanitary supplies
- flat sink stopper
- travel alarm clock
- spare prescription glasses
- sunglasses
- photos from home
- journal, pens, addresses, e-mail addresses
- camera, film, extra batteries
- energy food/small snacks

TIPS:

- NOTE: sleeveless shirts and shorts are *not* appropriate.
- In your carry-on bag, pack a change of clothes, medicine and toothbrush
- Try to avoid electrical appliances. If needed, check type of local power and bring appropriate adapters/converters.
- Leave valuable jewelry at home.
- Pack LIGHT! A good test is to pack your bags and walk around the block with them. Too heavy or difficult? Leave some things behind!