

PACKING SUGGESTIONS

We recommend planning your travel wardrobe around casual, practical, and comfortable clothing. Items that can be layered will provide you with maximum comfort and flexibility.

Because of the expeditionary nature of our travels, modest, conservative dress is required during some days of the journey. Your guides will be sure to remind you if the itinerary warrants a specific dress code. In general, the holy sites and religious neighborhoods of Jerusalem, as well as most places in the West Bank, require more conservative attire. In these areas, be sure to keep shoulders covered, and avoid shorts or short skirts.

There are two distinct seasons in Israel and Palestine. The wintertime (November to April) is generally cool and rainy, while the summertime (April until November) is very warm and dry with plenty of sunshine. This time of year, expect mostly cool and rainy weather, with the exception of some of the warmer areas in the South. Therefore, it is best to bring plenty of warmer layers, proper rain protection, as well as a few lighter layers for warmer days and regions. Comfortable shoes, appropriate for walking, are a must.

Keeping your particular needs and comfort in mind, and the season of your particular expedition, the following list of suggested items may be of use to you.

Clothing

- ❑ Comfortable walking shoes with crepe or rubber soles
- ❑ Sandals with ankle straps
- ❑ Rain jacket
- ❑ Warm jacket
- ❑ A few lighter layers appropriate for warmer days
- ❑ Plenty of warmer layers appropriate for cooler days/evenings
- ❑ Scarf or layer appropriate for covering up at holy sites
- ❑ At least one outfit appropriate for beach/water activities
- ❑ One business casual outfit for meeting with political leaders (i.e. coat for men)
- ❑ Water shoes (depending on water activities you plan on participating in)
- ❑ Sweaters, cardigans, or other suitable warm layers
- ❑ Sun hat (optional)
- ❑ Swimsuit
- ❑ Rain hat and/or travel umbrella (recommended)

Personal Items

- ❑ Toiletries
- ❑ Moisturizing lotion and lip balm
- ❑ Pre-moistened towelettes or gel hand sanitizer
- ❑ Sunscreen and sunburn relief products
- ❑ Insect repellent and bite relief products
- ❑ A supply of prescription drugs, plus a copy of the prescription itself (using the generic name)

- ❑ Over-the-counter medicine for common ailments such as upset stomach or colds, including lozenges and tissues

Miscellaneous

- ❑ Day pack
- ❑ Camera, film, and extra camera batteries
- ❑ Binoculars
- ❑ Reusable water bottle
- ❑ Travel alarm clock (battery operated)
- ❑ Extra pair of eyeglasses or contacts
- ❑ Contact lens case and cleaning solution
- ❑ Eyeglass repair kit
- ❑ Sunglasses
- ❑ Ear plugs for light sleepers
- ❑ Inflatable neck pillow
- ❑ Sleeping mask
- ❑ Liquid soap for hand laundry
- ❑ Minor first aid kit including analgesic, Band-Aids, and antibiotic ointment
- ❑ Sewing repair kit
- ❑ Phone card or SIM-ready cell phone
- ❑ Passport photocopies (and extra photos if available)—kept separate from the originals
- ❑ List of travelers' check numbers, credit card account numbers, and credit card phone numbers in case of loss
- ❑ Adaptors for electronics (suitable for 220/230 volts/50 Hertz)
- ❑ Converters for electronics (not needed if your electronics support 220/230 volts—check your chargers to be sure)