



# MEOR Israel

---

## Recommended Packing List

- Overnight Bag (big enough for two to three days)
- Comfortable clothes for hiking
- Shoes for walking through water
- Hat with brim (for trips; baseball cap is recommended)
- Sturdy hiking boots or shoes
- Water canteen (2 liters recommended)
- Backpack for Hiking
- Sunglasses or eyeglass guard
- Swimsuit
- Towels
- Insect repellent and sunscreen
- Formal-wear for Shabbat:
  - WOMEN - a few knee-length skirts and elbow-length sleeved shirts
  - MEN - a few pairs of long pants, several long-sleeved button-down shirts, Kippa (may be easily purchased in Israel)
- Rainwear (for winter trips)
- Umbrella (for winter trips)
- Flashlight
- Alarm clock with batteries
- Toiletries (wrap any shampoo or the like in plastic bags to avoid spillage should the container burst from weight or pressure)
- Basic medication (e.g., pills for headaches and diarrhea, anti-bite cream)
- Camera with large data card/plenty of film and batteries
- iPod and/or radio (to keep up with the news)
- Notebook and pens
- Approximately \$100 - \$150 spending money for laundry service, food on free days, gifts, taxis, etc.

Appropriate modest dress should also be worn when visiting religious neighborhoods in Jerusalem, including the Old City and holy sites. We also request that the students respect the sensitivities of the rabbis teaching them and dress appropriately for classes, including: no sleeveless shirts, no mini shorts and mini-skirts, and no displaying of midriff.