

Israel Short-term Trip Travel Tips and Packing List

Fast Facts

Currency: New Israeli Shekel (1 USD = 3.65 ILS), note: this rate changes daily.

Electrical: 230v 50Hz, a converter and plug adapter are required.

Languages Spoken: Hebrew, Arabic and English

Time Zone: UTC+3 (7 hours ahead of EST/EDT)

Weather/Climate:

- Apr-Oct: Highs in the 70s-80s or higher, lows in the 50s-60s.
- Nov-Mar: Highs in the 50s-60s, lows in the 40s-50s or cooler.
- Dressing in layers will help keep you comfortable whether it's hot or cold outside. Note that homes, restaurants and hotels may have very limited heating and/or cooling systems.

Lodging: You will be staying in hotels or guest houses. Bedding and towels are provided.

Meals: All meals are included in the cost of the trip. Breakfast and dinner will be at the hotel and are buffet style. Lunch will be at different locations many being falafel type restaurants.

Water: Only use bottled water for drinking and brushing your teeth. Bottled water will be provided so be sure to bring a refillable water bottle.

Spending Money: Your basic expenses will be covered; however, you may want personal cash for snacks, souvenirs, or love offerings. \$100-200 is recommended.

Currency Exchange: Currency exchange is not needed, as US dollars are accepted at most locations and shops.

Shopping: You will have several opportunities to shop throughout the trip. Please refrain from browsing and shopping until your team leader designates it as the appropriate time.

What to Wear

Generally, people in the Middle East dress more conservative and more professionally than Americans. Be careful not to wear clothing with strong political statements or inappropriate language.

- **Air Travel:** Dress casually and modestly. No leggings or clothing with rips or holes.
- **Ministry Days:** Men and women should wear pants (no jeans) and a collared, button down shirt. Women should wear a skirt (below the knee) and a nicer shirt/blouse (non-sleeveless).
- **Church Service:** Men should wear long pants (no jeans) and a collared, button down shirt. Women should wear a skirt (below the knee) and nicer shirt/blouse (non-sleeveless).
- **Touring/Sightseeing:** Many of Israel's Holy sites do not allow shorts and will require women to keep shoulders covered at all times. Pants (or capris for women) are ideal. Knee length shorts and sleeveless tops are acceptable when not visiting churches.

Packing

- Keep your passport with you, do not pack in checked baggage.
- Less is more. You will be responsible for handling your own luggage to/from airports and in/out of hotels.
- Carry-ons: Passengers are allowed one carry-on and one personal item.
 - Be sure to follow airline size and weight guidelines.
 - Personal items include laptops, purses, briefcases, camera cases.
 - It is recommended that you pack a change of clothes in your carry-on in case your checked luggage is delayed.
- Reminder: You can only take small bottles (max 3oz. size) of liquids in your carry-on bags. Please put these in one clear Ziploc bag not to exceed the 1-quart size.
- Checked Bags: 1 suitcase
 - Be sure to follow airlines size and weight guidelines.
- Be sure to include identification on and inside each piece of luggage.
- Be sure to weigh and measure your bags before travel day.

Other Travel Tips

- Watch your luggage, passport, and belongings at all times. Never leave personal belongings unattended. Pickpockets and petty thefts are common within airports and tourist areas.
- Leave your valuables at home. Don't bring anything that you can't afford to lose, or anything that reinforces the idea of being a rich American.
- There is a wide variety of souvenirs to choose from including hand-carved olive wood products, Mother of Pearl, ceramics, t-shirts, etc. Never pay full price, bartering is expected so relax and have fun with it.
- Some locations will take credit cards, but for your protection we recommend using cash while shopping in the Old City Jerusalem. Remember to notify your credit card company that you will be traveling to both Israel and Palestine.
- Many "official antiquities" are being sold on the streets of Jerusalem that are fraudulent. Make sure only to buy from reputable dealers.

Travel Items

- ☐ Passport
- ☐ Insurance card
- ☐ Backpack, passport pack
- ☐ \$100-\$200 (personal spending)
- ☐ Credit card
- ☐ Flight schedule, emergency contacts
- ☐ Travel toilet paper, Kleenex
- ☐ Plane neck pillow
- ☐ Personal snacks, gum

Linens

- ☐ Beach Towel, towel for baptism
- ☐ Bag for laundry

Clothing

Women:

- ☐ 2-3 pants, nice jeans or capris
- ☐ Tees, blouses, shirts (1/day)
- ☐ Skirt (below the knee, church)
- ☐ Long shorts (sightseeing)
- ☐ Swimsuit (modest, one piece or tankini, mid-section covered)

Men:

- ☐ 2-3 pants, nice jeans
- ☐ Tees, shirts (1/day)
- ☐ Long pants, collared shirt (church)
- ☐ Long shorts (sightseeing)
- ☐ Swim shorts (modest, long)

All:

- ☐ Light jacket, sweater, hoodie (for cooler evenings)
- ☐ Sleepwear
- ☐ Underwear, socks
- ☐ Hat (sport or wide brimmed)
- ☐ Sandals, shoes (sturdy, comfortable for walking)
- ☐ Flip flops, shower/beach shoes
- ☐ Outfit for plane home

Other Items

- ☐ Toiletries: soap, shampoo, shaving, feminine prods, etc.
- ☐ Glasses, contacts, solution
- ☐ Sleep aids: meds, earplugs, mask, etc.
- ☐ Personal meds/prescriptions (pack in carry-on)
- ☐ Cipro – Rx
- ☐ Hair dryer (if needed)
- ☐ Hand Sanitizer, Wipes
- ☐ Sunscreen, Sunglasses, Chapstick
- ☐ Bug repellent, repel wipes (containing DEET)
- ☐ Reusable water bottle
- ☐ Headlamp, flashlight, batteries
- ☐ Alarm clock
- ☐ Rain Gear: umbrella, poncho (dollar store)
- ☐ Bible
- ☐ Notebook, notepad, journal
- ☐ Devotion for day scheduled
- ☐ Pens, pencils
- ☐ Life token
- ☐ Playing cards, games
- ☐ Headphones
- ☐ Camera, Batteries
- ☐ Phone, charger, cord,
- ☐ Power convertor, plug adapter
- ☐ Family photos
- ☐ Ministry supplies as designated by team