

**PATHWAYS –SUMMER TOURS 2011**  
**SUGGESTED PACKING LIST**

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Below is a guideline for packing. Please note Israel can be very hot during the summer so please come prepared. You can expect some days of outdoor activities, a few nights out on the town and some time inside museums, archaeological sites or shopping centres. While you are unlikely to be able to change outfits in a hotel room during the day, you will be able to leave clothes or other items on the bus so that you can layer as needed.

Each participant is allowed one duffel and one small duffel (knapsack) for the trip.

**Money, ATMs and Tips**

The currency in Israel is the shekel (or New Israel Shekel NIS). Since you will only be responsible for a few meals, you will only need enough shekels for those meals, snacks, tips and any shopping you may wish to do. ATMs in Israel dispense shekels from your ATM cards. ATMs can be found in the airport and throughout the bigger cities you visit. Credit cards are widely accepted in shops and restaurants (except in the casual food stands and outdoor markets you might visit).

**Clothing**

Clothing for regular classes should be long pants for men and a skirt or long pants for women and shirts with sleeves (long or short) for men and women. Please respect the sensitivities of those teaching you and dress accordingly.

We recommend that you bring modest clothing (skirts covering to the knees for women, head coverings for men, and shirts covering shoulders for both men and women) to wear for Shabbat and for visiting religious areas and sites. (A jacket and tie are not necessary.).

An overnight bag or knapsack (big enough to carry 2-3 days of clothing)

- 6 pants (for hiking, touring, going out at night)
- 1 athletic pants
- 2 sweatshirts
- 4 long-sleeved shirts
- 8 short-sleeved shirts
- 4 shorts
- 1 bathing suit

Formal-wear for Shabbat and holy sites:

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)

undergarments

socks

sleepwear

hiking boots (or sturdy sneakers)

sneakers or walking shoes (with traction for wet surfaces, and with straps or laces)

comfortable dress shoes

### **Miscellaneous Items**

towel

toiletries (deodorant, toothbrush, shampoo, shavers, etc.)

*We suggest wrapping any shampoo or the like in plastic bags to avoid spillage should the container burst from weight or pressure. Please make sure that all liquids are in your checked luggage as security will not allow any liquid in carry-on bags.*

basic medication / prescription medicines (*pills for headaches and diarrhoea, anti-bite cream*)

sun screen (the sun is very strong)

sunglasses

travel alarm clock

flashlight

camera with charger / batteries / extra film or memory stick

watch

baseball cap/ hats

day bag (purse, backpack, money belt, etc.)

power adapter plugs (same as Europe)

sunglasses

ipod

notebook and pens