

PATHWAYS – WINTER TOUR
SUGGESTED PACKING LIST

Below is a guideline for packing. Please note Israel can be cold during the winter, it can get as cold as 35 degrees (Fahrenheit). Rain or even snow can be expected in Jerusalem and Tzfat. We recommend bringing clothing that is informal and that you can wear in layers. You can expect some days of outdoor activities, a few nights out on the town and some time inside museums, archaeological sites or shopping centers. 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 and ATM's and Tips

The currency in Israel is the Shekel (NIS - New Israel Shekel). 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.) Please make sure your Shabbat clothes are warm .

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

Suggested Clothing Check List

6 Pants (for hiking, touring, going out at night)

1 Athletic pants

4 Sweatshirt/ Sweater/ Fleece

8 Long-sleeve shirts

4 Short-sleeve shirts

1 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 (including thermal pants and shirts)
Socks
Sleepwear
Raincoat/ anorak/ poncho
Winter coat (preferably rainproof)
Gloves – Gore-Tex (or anything waterproof)
Winter hat and scarf
Hiking boots (or sturdy sneakers)
Sneakers or walking shoes (With traction for wet surfaces, and with straps or laces)
Comfortable dress shoes

Miscellaneous and Selected Items

1 Towel (for swimming outside of Hotels)
Umbrella
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*)
Travel Alarm clock
Flashlight (mini)
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