



Greater Miami Jewish Federation Suggested Packing List

Documents to be carried with you:

- Passport (must be valid for 6 months from date of return)
- Airline tickets (or copies of e-tickets with reservation numbers)
- Driver's license or other ID
- Credit cards
- Travelers' checks
- Personal checks
- Cash

Tip: Photocopy the inside page of your passport which includes photo, signature, and passport number. Keep it in your suitcase, separate from your passport

Medical:

- Band Aids
- Aspirin/Tylenol/Advil
- Prescriptions (carry with you, do not pack)
- Sunscreen (NECESSITY)
- Eye drops
- Alka Seltzer/Pepto Bismol
- Motion sickness medication
- Cold medication
- Throat lozenges
- Nasal spray
- Allergy medication
- First aid cream
- Extra pair of eyeglasses/contact lenses (carry with you, do not pack)

Tip: Anticipate your needs; some items are much more costly abroad. Most people will not need all of these, and remember that almost everything is available in Israel.

Basic Travel Wardrobe:

Israel is a very casual country. You will not need anything fancy unless you are meeting business people or high government officials. When modest clothing is called for, t-shirts and pants or capris are fine. Please see the section marked Clothing and Climate for more information.

- Jeans/khakis/dockers
- Shorts/capris
- T-shirts/tank tops
- Sweater or shawl (evenings in Jerusalem or the North can be cool)
- Walking shoes/sneakers
- Flip flops or sandals or sneakers that you don't mind getting wet
- Skirt/dress for Shabbat (optional, see above)
- Sports jacket (optional, see above)
- Bathing suits
- Hat for the sun (NECESSITY)
- Head covering (for religious sites: scarf for women, kippah for men. Most religious sites will provide them)

Tip: Layered clothing is recommended at all times of the year

For Friends, family & hosts (optional):

Make sure that whatever you bring is easy to pack and carry

- Souvenir of your hometown: i.e. mugs, key chains, baseball caps, t-shirts
- Stickers or small toys
- Picture frames
- Books

Tip: Leave gifts unwrapped as Customs may need to see them.

Small bag/Carry on:

- No tweezers, scissors or sharp instruments
- No liquids/gels/paste other than in 3 oz. containers in a clear bag
- Prescription medication
- Change of clothing
- Extra pair of eyeglasses/contact lenses
- Snacks
- Travel pillow
- Reading material

Miscellaneous:

- Sunglasses
- Hair dryers (available in the 4-5 star hotels)
- 220 electrical converter **and/or** adaptor plugs
- Any chargers for electrical equipment
- Camera/film/batteries (available almost everywhere but more expensive)
- Folding bag/nylon duffel bag/Sportsac (for an overnight stay within the country or to use for additional gifts/purchases)