

Luggage and Packing List

Israel's winter climate is diverse in December/ January, so the best way to deal with temperature variations is by layering and a good, waterproof jacket and waterproof walking shoes/boots. We move around quite a bit, and you will be loading your suitcase on and off buses often, so we encourage you to use decent quality luggage. Please pack light – there will be weekly laundry facilities for your convenience.

Avoid bringing any expensive jewellery and keep cash to a minimum – the use of a travel/credit card is suggested.

DO NOT BRING : pocketknives, any form of 'weapon', explosives, martial arts equipment, anything flammable. Please read the Government [travelSECURE](https://www.travelsecure.gov.uk) website regarding items that cannot be taken onboard a plane.

Specific Nesiah luggage tags will be provided for both checked bags and carry-on bags. It is mandatory that these are used and that they remain on the bags for the duration of the trip.

Luggage

- ➔ One sturdy suitcase. Hard shell cases are not the best option, as these often crack under the weight of other suitcases and are not as hardy as they seem. This **MUST NOT** weigh more than 23kg (even though the airline may state up to 30kg). No student is permitted to pay extra for an additional bag or additional weight. A good idea is to have a case with two compartments, and 'packing cells' are recommended to keep things organised.
- ➔ Carry-on bag for plane. This **MUST NOT** weigh more than 7kg. This bag will come in handy for staying in overnight accommodation like the Bedouin tents, optional weekend, options. We recommend a good size backpack, rather than a carry-on suitcase or tog bag, as this is easier to manage as it frees your hands up.
- ➔ Optional: a smaller day backpack or cross body bag, for everyday use for day trips or hikes.

Packing List

- ➔ Underwear and socks – enough for 10 days*
- ➔ 5 t-shirts with long sleeves*
- ➔ 3 t-shirts with short sleeves
- ➔ 2 collared shirts for Shabbat (boys)
- ➔ 2 kippot (boys)*
- ➔ 2 skirts/dresses for Shabbat (girls)*
- ➔ 2 pairs of jeans/long walking pants
- ➔ 2 pairs of leggings (girls)
- ➔ 2-3 jumpers (including the Nesiah Hoodie in your carry-on)*
- ➔ 1 tracksuit
- ➔ 1 warm jacket*
- ➔ 1 lightweight raincoat (2 disposable raincoat/ponchos is a good idea)
- ➔ Swimming costume and/or board shorts
- ➔ Pyjamas
- ➔ Gloves, scarf, beanie
- ➔ Towels (1 face, 1 swimming/bath)
- ➔ Sleeping bag liner (optional)
- ➔ 2 international converter plugs suitable for Israel (Europe)*

Shoes:

- Hiking/walking shoes/boots (sneakers are suitable for this purpose)
- Sneakers or similar for every day
- Slides or thongs (you will need these to enter the Dead Sea)

Toiletries (enough for at least the first week):

- Toothbrush and toothpaste
- Hairbrush, shampoo, conditioner, hair ties
- Soap (liquid is easiest)
- Deodorant
- Shavers/razors and shaving cream

Medication:

- General – paracetamol/ibuprofen, strong throat lozenges, antiseptic throat spray, relief from stomach cramps, band-aids
- Specific – medication particular to your specific needs (bring extra in case you lose some)
- Additional prescription medication (from your doctor) – 2 courses of general antibiotics eg Amoxil or Augmentin, anti-nausea tablets and anti-diarrhoea tablets
- Extra braces elastics, wax, etc, if required
- Spare pair of prescription glasses, if required

* one of each these items will be in your carry-on

In your carry-on bag

- An extra change of clothes and underwear (better safe than sorry, especially if your suitcase does not arrive with you!)
- Water bottle (empty until through security)
- Toothbrush and small toothpaste (less than 100ml), travel size deodorant with lid, lip balm, tissues, basic medication eg paracetamol
- Prescription medications if needed (enough for the week in case your suitcase doesn't arrive)
- Nesiah Hoodie to be worn in the airport (with t-shirt underneath)
- Jacket for when you land in Israel
- Girls – a skirt you can pull on over your clothing for the Kotel when we arrive in Israel
- Boys – a kippah for the Kotel when we arrive in Israel
- Unlocked mobile phone that you will put the Israeli sim in (must be unlocked otherwise the sim won't work)
- Charger for your phone with an international convertor plug suitable for Israel (Europe)
- Passport in a zip lock bag/document wallet and a pen (for filling in forms) and printed copy of the itinerary and insurance document. Please also ensure you have a photo of your passport, itinerary and insurance documents on your phone.

DO NOT BRING ONBOARD: scissors, nail clippers, razors, tweezers