



## SUGGESTED PACKING LIST

The following list is intended to help you pack more efficiently. If you have any special needs, be sure to add those items to your list. Items with an asterisk (\*) may be optional. This list is meant to be a guide and reminder only not a requirement.

### CLOTHING

- blouses, shirts, socks, underwear (*take a limited supply—use wash-and-wear*)
- one nice outfit for any special events during your trip
- slacks, capris, jeans, skirts, shorts (*take a limited supply*)
- water shoes, flip-flops, thongs, or old sneakers (*for at the Dead Sea and beach*)
- hat
- heavy sweater or jacket (*for cool nights and outdoor meetings*)
- pajamas
- sunglasses
- swimsuit – (*modest for bathing in Dead Sea and under robe at baptism*)
- walking shoes and sandals (*plenty of walking! Good shoes are very important!*)

### TOILETRIES/MEDICATIONS

- aspirin or other nonprescription medications
- cold remedy and/or allergy medication
- comb and hairbrush
- copies of any prescriptions (*in case you need them filled*)
- deodorant
- earplugs (*very handy for airplane and sleeping in hotel*)
- motion sickness pills
- nail clippers, file (*remember not to pack clippers or files in carry-on bag*)
- other personal hygiene products
- package of towelettes
- shampoo/conditioner
- shaving equipment
- sleeping pills



## SUGGESTED PACKING LIST

- \_\_\_ toothbrush and paste, dental floss
- \_\_\_ eye drops or contact lens solutions and cleaners\*
- \_\_\_ suntan lotion (*sunburn medication/ointment*)\*

### MISCELLANEOUS

- \_\_\_ adapter for all electrical appliances
- \_\_\_ camera, film, extra batteries
- \_\_\_ extra pair of eyeglasses (*or prescription*)
- \_\_\_ handkerchiefs or tissues
- \_\_\_ plastic bags (*to wrap wet washcloth, laundry, etc.*)
- \_\_\_ small umbrella or rain hat
- \_\_\_ tiny flashlight
- \_\_\_ travel alarm
- \_\_\_ washcloth
- \_\_\_ boxed snacks (*individually packed, travel size*)\*
- \_\_\_ small sewing kit\*
- \_\_\_ refillable water bottle (*option to take with you throughout the day*)

### ITEMS TO PACK IN HAND LUGGAGE/CARRY-ON BAG

- \_\_\_ **airline tickets**
- \_\_\_ **passport**
- \_\_\_ A good book (*to read on the flight over and back*)
- \_\_\_ medications (*no clippers, knives or files*)
- \_\_\_ neck pillow, sleeping mask, sleeping pills & earplugs (*for sleeping on airplane*)
- \_\_\_ one-day change of clothes (*at least change of underwear*)

Be sure to check latest airline standards for items not allow to be carried on with you. They have tightened the control and limited the types and volume of items you may bring aboard with you, especially liquids or sprays. Ladies that means perfumes. You will be asked to discard in the trash any items deemed unacceptable by the new standards. Please check with your airlines for the new and latest regulations and what is allow to be brought on board in your carry on.