

WOMEN'S MISSION TO ISRAEL

PACKING LIST



ESSENTIALS

- ☐ Passport
(valid for at least six months past return flight)
- ☐ Private health insurance
- ☐ Prescription medications
(bring an extra week supply for emergencies)
- ☐ EpiPen (if necessary)
- ☐ Photocopy of passport
(you should also leave a photocopy at home with a family member)
- ☐ Credit card(s), debit card(s), and cash
- ☐ Spare glasses/extra contact lenses (if necessary)
- ☐ Paper copies and/or photos of all prescriptions
(medications, glasses, and/or medical supplies)
- ☐ Luggage tags for each of your bags, with your full name clearly printed
- ☐ Travel adaptor(s) in 220V supply voltage
- ☐ AirTag(s)/GPS trackers for luggage

CLOTHING

(Suggested, but pack as you see fit!)

- ☐ Comfortable shoes for walking
- ☐ Light jacket (for colder days and/or evenings)
- ☐ 2-3 pairs of pants; at least one pair must cover knees
- ☐ 3-4 shirts: mix of t-shirts and dressier shirts
- ☐ Knee length dresses or skirts
- ☐ 2-3 light cardigans/sweaters (for layering)
- ☐ Undergarments, including underwear and socks
- ☐ Sleepwear
- ☐ Belt
- ☐ Swimsuit
- ☐ Activewear/Gym Clothes (for those planning to go on hikes or use the hotels' gym facilities)
- ☐ Scarf/shawl
- ☐ 1-2 dressier or business-appropriate outfits for attending special meetings and more formal dinners. Suggested attire can include sports blazers, dress pants, skirts/dresses, more formal footwear such as loafers or oxfords

Please note that in some cases, including Havdalah and Kabbalat Shabbat, modest dress is required. This includes covering your shoulders and covering your legs past your knees.

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TOILETRIES

**Note: it is preferable to bring travel-sized toiletries when/if possible. Keep in mind that liquids, aerosols and gels in containers over 100mL in size must be packed in checked luggage.*

- ☐ Toothbrush, toothpaste, and floss
- ☐ Shampoo, conditioner, and body wash (provided by hotel but you may prefer to bring your own)
- ☐ Makeup remover, cotton pads, and/or makeup removing wipes
- ☐ Makeup
- ☐ Hairbrush/comb
- ☐ Body lotion/cream
- ☐ Razor (non-electric)
- ☐ Deodorant
- ☐ Feminine hygiene products
- ☐ Sunscreen
- ☐ Hand sanitizer
- ☐ Contact lenses and solution, including spares
- ☐ Band-Aids
- ☐ Polysporin and cortisone cream
- ☐ Dry shampoo

ELECTRONICS

- ☐ Cellphone and charger
- ☐ Travel plug adaptors (should be for 220V supply voltage, with two prong; can use a universal adaptor)
- ☐ Transformer (only necessary if you plan on bringing a hair iron)
- ☐ Tablet/e-reader and charger
- ☐ Laptop and charger
- ☐ Headphones
- ☐ Digital camera and charger/batteries

MEDICATIONS

- ☐ Prescription medication (should preferably be in original container with both your name and doctor's name on label)
- ☐ Advil, Aspirin, and/or Tylenol
- ☐ Gravol and anti-nausea medications
- ☐ Antihistamines, both drowsy and non-drowsy (e.g., Benadryl, Alerius, Claritin, etc.)
- ☐ Cold medication for day and night (i.e. Advil Cold & Sinus, DayQuil/NyQuil, etc.)
- ☐ Antacids (e.g., Gaviscon, Tums, Pepto Bismol, etc.)
- ☐ Throat lozenges
- ☐ Digestive medication (e.g., Imodium, Metamucil, Restorolax, Ducolax, Lactaid, etc.)
- ☐ CanesOral (or similar treatment for yeast infections)

OTHER

- ☐ Lightweight carry-on weekender/gym bag (always good to have extra luggage space)
- ☐ Purse with zipper (crossbody bags are great for long days and keeping your valuables/wallet safe)
- ☐ Money belt
- ☐ Sheet with all important contact names and numbers, including emergency contact(s), immediate family members, your family doctor and/or specialists, health insurance, etc. (in case you lose your phone, it's important to have all the important numbers you might need accessible)
- ☐ Journal/notebook and pen(s) (notebook and pen will be provided, but you may prefer to bring your own)
- ☐ Suitcase lock
- ☐ Sunglasses
- ☐ Umbrella, rain jacket and/or rain poncho
- ☐ Sunhat
- ☐ Tote bag