

MARCH OF THE LIVING PACKING LIST (Poland & Israel)

The weather in Poland is unpredictable, ranging from cold and rainy to very warm. We often leave our hotels early in the morning and do not return until late in the evening, so prepare to dress in layers. There will be NO opportunity to do laundry.

We require participants to be dressed appropriately at all times.

- Ripped jeans are not permitted.
- Crop tops are not permitted.
- Pant, skirt or dress length must be modest.

Please use your best judgement when packing.

Note: March of the Living is not responsible for lost, damaged or stolen property. Do not bring anything that you cannot afford to lose.

LUGGAGE

- Standard size check in luggage
- Each person may check one piece of lightweight luggage (no more than 40 pounds)
- Participants must be able to carry their own luggage and will be responsible to do so.
- Please fill out the luggage tag on the suitcase with contact information

CARRY-ON BAG (BACKPACK)

Upon landing in Poland, we will immediately begin the program. Please ensure that you have clothing for the first day on your carry on as we will not be checking into the hotel until dinner time.

What to pack in your carry-on?

- Passport
- Any prescription medication (along with written generic prescriptions)
- Change of clothes
- Toothbrush and toothpaste, hand sanitizer, tissues.
- Phone charger/ electronics
- Extra eyeglasses, contact lenses, contact lens solution
- Money and snacks
- Battery pack

CLOTHING

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| <ul style="list-style-type: none">• 14 pairs of underwear• 8-10 pairs of socks• 2 Shabbat outfits (casual/modest)• 2 pairs of jeans/pants• 2 pairs of shorts• 5 long sleeved shirts• 5 t-shirts• 2 white shirts for Yom HaZikaron and Yom Ha'atzmaut• 2 sweaters/sweatshirts• 1 bathing suit | <ul style="list-style-type: none">• 1 nicer pair of shoes for Shabbat• Gloves, scarf, hat (toque)• Pajamas• 1 pair of waterproof boots (or extra pair of running/walking shoes)• 1 pair of sneakers/ walking shoes1 pair of shoes for Shabbat (optional)• Shower shoes (flip flops, slides)• Towel• MOL Hat, T-Shirt and Jacket (required) |
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MISCELLANEOUS ITEMS

- Waterbottle (required)
- Second Hat (required)
- Phone charger
- Battery pack
- Sunglasses
- Travel adapter (220 volt adapter)
- Toiletries (toothbrush, toothpaste, facewash, deodorant, shampoo, soap)
- Sunscreen
- Tissues
- Small umbrella
- Journal
- Day backpack/fanny pack
- Kippa (optional)
- Tallis (optional)
- Siddur (optional)

SUGGESTED SNACKS (ALL FOOD MUST BE KOSHER AND NUT FREE)

Please read labels carefully.

- Dried fruit
- Instant Oatmeal
- Fruit snacks
- Instant Noodles
- Hard Candy
- Cookies
- Pringles, chips, pretzels
- Granola bars
- Protein bars
- Crackers

MONEY

How much money to send depends on what the participant intends to purchase.

POLAND

There will be almost no opportunity for shopping and spending money in Poland. \$50.00 USD will be sufficient.

ISRAEL

We have arranged to change their money upon arrival in increments of 150.00 CAD (They are pre-prepared with envelopes in the equivalent of Israeli shekels)

In our experience, \$150.00-\$300.00 CAD is more than enough money.
If you prefer not to send cash, almost everywhere in Israel accepts apple pay.

PHONE PLANS

We are constantly on the move and there are no guarantee that participants will be able to call/ text exactly when you had planned.

Please note: Poland is 6 hours and Israel is 7 hours ahead of Eastern Standard Time

There is no time to rent a phone or buy a SIM card in Poland or Israel.
It is up to parents whether you want to purchase data plans.
There will be wifi at the hotels.