

# Packing Guide

### In Your Carry-On:

Your Airline ticket reservation/confirmation

**Passport** –make a copy of your passport's first 2 pages and keep it apart **Israel entry form** – please fill and print –see link:

https://corona.health.gov.il/en/flights/

Medication: keep in their original containers. Bring, if possible, a copy of your original prescriptions, in case you need an extra supply.

Glasses, spare glasses or contact lenses

One day change of clothes (in case luggage is misplaced)

All other important documents (such as your travel insurance) and money.



#### Clothing:

Please bear in mind that it is always best to travel light. You will need:

Airy, light-colored, short-sleeved as well as long sleeve shirts

Tee's, shorts and long pants (jeans)

Skirts/dresses for the ladies, but make sure to bring a set of more austere clothing for visits to religious sites that require modest dress.

A sweater, sweatshirts and/ or lightweight jacket is recommended for the cool nights in higher altitudes and in the desert, as well as for air conditioned places.

Bathing suit, water shoes and towel (Dead Sea).

Pajamas and undergarments.

Always wear comfortable walking shoes. Sneakers and sandals.

A hat is highly recommended.



#### Personal Kit:

Bring travel sizes of: moisturizer, toothpaste, deodorant, shaving items, etc.
Sunscreen lotion, (sunburn medication/ointment), toothbrush, comb, hairbrush.
Sunglasses (it is very sunny!)
Flashlight

A small bag for day trips.

P.O. Box 341343 Bethesda, MD 20827 Toll Free: 888-836-2828 Local: 240-782-1100

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## **Additional Information**

Money – Most businesses in Israel accept credit cards. It is recommended to advise your credit card company that you will be travelling out of the country (to Israel). Visa is preferred by most merchants (although some accept MC and a few accept American Express). It is highly recommended to carry some cash with you (in local currency) for small purchases, around \$100 (330 shekels). You can easily get this at your local bank or any other financial institution. It is also a good idea to carry small American bills to leave as tips or for other small expenses. Changing money in Israel is best at Change Kiosks found ubiquitously in major cities. ATM machines are also located throughout the country. Please note that we will not have enough time to exchange money upon arrival at the airport. Local currency is called Shekels. Today's exchange rate is approx. US\$1 = 3.30 Israeli Shekels.

**Phones** – In order to use your own phone in Israel you will need to call your cell phone provider (Verizon, ATT...) and get an international calling plan and data plan on your phone. This is not a cheap solution. However, there are a few more options to consider. One is renting a standard phone (or a smart phone) – there are a few companies available (such as Amigo US (www.amigo-us.com), Travel Cell, etc.) you will get the phone before you leave the US. You can also get a sim card – but to do this your phone needs to be unlocked (please ask your cell phone provider). Last, but not least, you will have **free Wi-Fi available** in hotels, on the bus, and in many other locations across the country – so you will be able to use your own phone in these instances.

**Camera** – now is the time to go digital if you haven't already! Be sure to put new batteries in (and learn how to use the camera before the trip...)

**Electrical Items** - If you are bringing electrical items to Israel, make sure they have the capability to work with the right voltage level (220 volts). Please do not forget to bring the adapter you received from us to plug it to the power outlet.

Baggage Allowance – Those flying with Delta (comfort and comfort+) are allowed: one checked baggage up to 50 pounds (23 kilograms) and up to 62 linear inches. One carry on (up to 18 lbs.) plus one personal item. Those flying premium economy are allowed the same as above plus an additional checked baggage up to 50 pounds. Those flying with El Al are allowed the same as Delta's comfort.

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# Jable of average temperatures in major cities in Israel

### C - Centigrade | F - Fahrenheit

Cities:		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<u>Jerusalem</u>	C	6-11C	7-14	8-16	12-21	15-25	17-27	19-29	19-29	18-28	16-26	12-19	8-14
	F	43-53	44-57	44-61	53-69	60-77	63-81	66-84	66-86	65-82	60-78	54-67	47-56
Tel Aviv,	C	9-18	9-19	10-20	12-22	17-25	19-28	21-30	22-30	20-31	15-28	12-25	9-19
Herzliya	F	49-65	48-66	51-69	54-72	63-77	67-83	70-86	72-86	69-89	59-83	54-76	47-66
<u>Haifa</u>	C	8-17	9-18	8-21	13-26	15-25	18-28	20-30	21-30	20-30	16-27	13-23	9-18
	F	46-63	47-64	47-70	55-78	58-76	64-82	68-86	70-86	68-85	60-81	56-74	48-65
<u>Tiberias</u>	C	9-18	9-20	11-22	13-27	17-32	20-35	23-37	24-37	22-35	19-32	15-26	11-20
	F	48-65	49-67	51-72	56-80	62-89	68-95	73-98	75-99	71-95	65-89	59-78	53-68
<u>Eilat</u>	C	10-21	11-23	13-26	17-31	21-35	24-37	25-40	26-40	24-36	20-33	16-28	11-23
	F	49-70	51-73	56-79	63-87	69-95	75-99	77-103	79-104	75-98	69-92	61-83	51-74
Dead Sea	C	11-20	13-22	16-25	20-29	24-34	27-37	28-38	29-38	27-36	24-32	18-26	13-21
	F	53-68	56-72	61-78	68-85	75-93	80-99	83-102	83-101	81-96	75-90	65-80	56-71

**Time** – Israel is seven hours ahead of EST (New York). 10 am in New York is 5 pm in Israel on the same day.

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## A few practical words in Hebrew: (test will be administered upon arrival)

Shalom - Hello, peace Be'vakasha - Please Todah Thank you Eyfoh? -Where? Ma-Hasha'a? – What time is it? Le'hitraot - See you later Hayom -**Today** How much? Kama Ma Sh'Iomja? – How are you? Ani lo Medaber Ivrit – I do not speak Hebrew Eyfo Hasherootim? – Where are the toilets? Ken - Yes Lo - No

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