



Israel is an informal country with a very warm, dry climate; lightweight, easily laundered, quick-dry clothing is recommended.

1 LARGE PIECE OF LUGGAGE:

- Participants may bring only one bag to be checked. We recommend a **travel backpack** or duffel bag on wheels.
- **Checked luggage should weigh under 50 lbs. Luggage over 50 lbs. will incur a \$50 airline fee that Tawonga does not cover and luggage over 70 lbs. is prohibited by the airline.** Baggage should be lightweight and durable. Since participants are responsible for carrying their own luggage (in and out of hotels, hostels, on and off the bus, etc.) it is strongly encouraged to pack efficiently and lightly.

1 CARRY-ON DAYPACK:

- Daypack must be able to fit under the airplane seat in front of you.
- Pack for airplane: change of clothes (a warm layer), snacks and anything else you want for the approximately 17 hour flight.

IDENTIFICATION TAGS:

- Checked and carry-on luggage each need identification tags. Please include the following on each tag:

- (Your Name)
- (Your Address)
- (Your City, State, Zip)

PASSPORT:

- Passport: be sure that your passport is valid for at least **six** months following dates of travel.

ESSENTIAL ITEMS:

- Sunglasses**
- Hat** with rim for sun protection: must cover front and back of head completely; visors, baseball hats and bandanas do not count; hats must be worn for all hikes and outdoor activities.
- Leather **work gloves** (well-fit, not gardening gloves)
- 2 one-liter **water bottles** (at least)
- 2 bottles of **sun block** (SPF 30 or higher)
- 2 very **supportive pairs of shoes**
- 6-8 **short-sleeved t-shirts**: must be worn for working and hiking; only at night, modest tank tops are allowed (no "spaghetti strap" or exposed midriffs).
- 2-3 lightweight work pants (no shorts during work and no jeans, they will be too hot)
- A journal and pens
- Sleeping bag and small pillow

Note: If you forget any essential items, you will be required to purchase them in Israel at your own expense.

CLOTHING:

- 10-12 pairs of socks (including wool or imitation wool socks to absorb moisture)
- 10-12 sets of underwear
- Pajamas
- 1 bathing suit
- 1 pair of non-work pants
- 3-4 pairs of **knee-length or longer** shorts
- 1 warm fleece or sweatshirt
- 1 nice outfit (for Shabbat, etc.)
- 2 long sleeved shirts
- Sneakers or sandals (like Chacos or Tevas) for after work
- 1 pair of shower shoes such as flip flops
- 1 light, breathable poncho or raincoats
- 1 pair of light, waterproof pants
- Modest clothes (light long-sleeve shirt and skirt/pants)

Note: Group laundry will be done three times during the program

MISCELLANEOUS:

- Toiletries, including: soap, toothbrush, toothpaste, disposable razor, shaving gel, shampoo, conditioner, deodorant, moisturizer, hand sanitizer, hairbrush/comb, feminine hygiene supplies. These items are available in Israel – don't overload your suitcase with them.
- 1 towel (for showering and swimming; "pack towels" are great)
- Laundry bag and plastic bag for wet clothes
- Laundry detergent to hand wash clothes between group laundry days (optional)
- Battery operated alarm clock (**cannot** be a cell phone)
- Watch
- Flashlight
- Camera
- Extra batteries
- Pillow (optional)
- Sewing kit (optional)
- Insect repellent (10%-50% DEET)
- Waist pack or money belt

MEDICATION:

IF YOUR CHILD TAKES MEDICATION REGULARLY, YOU MUST REGISTER WITH CAMPMEDS.COM, A PRE-PACKAGING MEDICATION COMPANY FOUNDED BY A CAMP NURSE. CAMPMEDS WILL DISPENSE ALL MEDICATIONS, INCLUDING:

- PRESCRIPTION MEDICATION IN PILL FORM (DAILY AND “AS NEEDED”),
- PRESCRIPTION MEDICATION IN LIQUID FORM (DAILY AND “AS NEEDED”),
- PRESCRIPTION NOSE SPRAYS, EYE/EAR DROPS, ROUTINE INHALERS,
- OVER-THE-COUNTER ITEMS SUCH AS ALLERGY MEDICATION (DAILY AND “AS NEEDED”), AND
- VITAMINS (FOR SPECIALTY ITEMS, CHECK WITH CAMPMEDS FOR AVAILABILITY)

THE FOLLOWING EXCEPTIONS MAY BE BROUGHT TO THE BUS RATHER THAN ORDERED THROUGH CAMPMEDS: RESCUE INHALERS, EPI-PENS, CREAMS AND OINTMENTS, ACCUTANE, GROWTH HORMONE, INSULIN, INJECTIONS, BIRTH CONTROL PILLS AND AS-NEEDED LACTAID. EVERYTHING ELSE MUST BE ORDERED THROUGH CAMPMEDS. FOR MORE INFORMATION AND TO REGISTER, VISIT WWW.CAMPMEDS.COM.

CONTACT LENSES:

- If you use contacts, bring a pair of glasses for emergencies. Lenses that can be chemically cleaned are most convenient. We suggest you bring your eye glass prescription with you in case of loss or damage.

SPENDING MONEY FOR GIFTS, EXTRA SNACKS AND MISCELLANEOUS ITEMS:

- We recommend no more than \$100 in American currency to get clothes/trinkets.
- Do not bring traveler’s checks and credit cards are not recommended.
- Participants’ money is held by the staff or stored in a safe at each of our accommodations. Only staff can access the money. This process is to safeguard that money is not misplaced or lost.

HOMESTAY GIFT:

- Please bring two small, inexpensive gifts (under \$10) for the homestay families the teens will stay with. Unique gifts showcasing your home town such as refrigerator magnets or calendars are a nice option.

FOR OUR TIME AT CAMP TAWONGA:

- Please pack one day of clothes (including Shabbat clothes) in a small bag labeled with your name. We will collect it on July 14 at SFO airport and keep it at Tawonga while you are in Israel.

OPTIONAL:

- Snacks for the plane
- Bandana (does not count as a hat)
- Hebrew/English dictionary
- Poetry/quotes to share at discussions or on Shabbat
- Musical instrument that you can easily carry (do not bring it if you are worried about damage; you may consider insuring)
- iPod’s, mp3 players or personal stereos – **Important note:** these items may only be used with earphones, and at the following times: on airplanes or at bed time to help you fall asleep. These items may not be used during any other part of the program, **including bus rides.**

CUSTOMS AND ELECTRONICS:

Please do your best to avoid bringing electronics that require electricity.

IMPORTANT NOTE:

Israel and Camp Tawonga are very hot and we will be getting dirty. Things might get lost, broken or ruined. Tawonga and Yahel Israel are not liable for your personal belongings, so please do not bring anything valuable or that you cannot bear to lose or break.

DO NOT BRING: Electronics such as PSP, DVD players, laptop computers or cell phones. If any of these are brought on the program, Camp Tawonga staff will collect items immediately and return them at the end of the program.