



## 2025 Y2I Packing List

**Weather in Israel will be sunny and hot every day.**

Teens are limited to one suitcase and one carry-on. Check the El Al website for weight and size restrictions. Teens will receive a small backpack in Israel to use for our day trips.

Label your luggage and carry on with your name, address, and phone number.

### **Pack your carry-on bag with the following items:**

- |  |  |
|--|--|
| <input type="checkbox"/> Passport and copy of passport | <input type="checkbox"/> Medication clearly labeled and written prescription for generic brand |
| <input type="checkbox"/> Money/Credit card - wallet    | <input type="checkbox"/> Full change of clothes; two pairs underwear                           |
| <input type="checkbox"/> Phone - if you are taking one | <input type="checkbox"/> Face masks - 2  |
| <input type="checkbox"/> Snacks if you want them       | <input type="checkbox"/> Items you may want during the flight                                  |

**PERSONAL FIRST AID KIT: Required medications and over-the-counter medications (Lactaid), are the responsibility of the teens to have in their personal first aid kit. Pack in your carry-on.**

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Allergy (Zyrtec, Benadryl)          | <input type="checkbox"/> Aloe                   | <input type="checkbox"/> Antacid       |
| <input type="checkbox"/> Antibiotic cream (over the counter) | <input type="checkbox"/> Anti-itch cream        | <input type="checkbox"/> Band aids - 8 |
| <input type="checkbox"/> Constipation relief                 | <input type="checkbox"/> Diarrhea medication    | <input type="checkbox"/> Dramamine     |
| <input type="checkbox"/> Hand sanitizer                      | <input type="checkbox"/> Headache/Pain Reliever | <input type="checkbox"/> Sterile wipes |

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### **Pack in your luggage:**

#### **Important notes:**

1. Clothing items, including hats, with graphic designs or words relating to drugs, alcohol, tobacco, or anything else that can be smoked or inhaled, or with inappropriate language or with reference to inappropriate behavior are not allowed.
2. Dressing modestly is important. Cleavage, bellybuttons, and butt cheeks must be covered (meaning not exposed).
  - No thongs or cheekys allowed for bathing suits.
  - Shorts must cover butt cheeks.
  - No crop tops, camis, or halter tops on the trip.
  - Only T-shirts are allowed during the day.
  - Tank tops are okay in the evening if we are not visiting a holy site.

**Packing List:**

- ☐ Alarm clock
- ☐ Bathing suits - 2
- ☐ Camera, chargers, adapters (for use in Middle East or universal adapter)
- ☐ Detergent powder or tube of Woolite if you plan to hand wash clothes - Optional
- ☐ Flashlight
- ☐ Flip-flops allowed only at the beach or pool
- ☐ Glasses, contact lenses, lens solution, and prescription for eyewear in the event you lose them
- ☐ Hats - 2
- ☐ Gifts - 1 or 2 small gifts to share with new Israeli friends, like a t-shirt or a hat - Optional
- ☐ Kippah/yarmulka - or hat when visiting the male section of the Western Wall
- ☐ Modesty outfit - females when visiting religious sites, clothing must cover cleavage and arms to elbows (dress, skirt, capris, pants, shirt, or scarf)
- ☐ Pajamas
- ☐ Pen and journal - Optional
- ☐ Sandals - Optional, are okay at certain times, toes must be protected and have an ankle strap
- ☐ Shabbat outfit - Western Wall - Female section requires covered knees, cleavage, and arms to elbows (dress, skirt, capris, or pants), and the male section requires a collared shirt (polo or golf are okay) and pants (khaki or cargo are okay).
- ☐ Shorts - 6-7 (butt cheeks should not be exposed)
- ☐ Snacks for during trip - Optional
- ☐ Sneakers - 2 pairs
- ☐ Socks - 12-14 pairs
- ☐ Sunblock - non-aerosol
- ☐ Sunglasses
- ☐ Sweater or sweatshirt - 1
- ☐ T-shirts - 12-14 - (No crop tops, no exposed bellies, and tank tops not allowed during the day)
- ☐ Underwear- 12-14
- ☐ Water bottle
- ☐ Water shoes - inexpensive

**Toiletries:**

- |                                     |                                     |  |
|-------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Brush/comb | <input type="checkbox"/> Deodorant  | <input type="checkbox"/> Razors (pack in luggage)      |
| <input type="checkbox"/> Shampoo    | <input type="checkbox"/> Soap       | <input type="checkbox"/> Tampons/pads                  |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Toothpaste | <input type="checkbox"/> And other items you use daily |