



BIRTHRIGHT ISRAEL: CANADA ISRAEL EXPERIENCE Suggested Packing List

CLOTHING

- 14 pairs of underwear
- 14 pairs of socks
- 1 long skirt (women) / khakis (men) for Shabbat
- 3 pairs of jeans / pants
- 4 pairs of shorts (1 in winter)
- 3 long sleeved shirts (6 in winter)
- 10 short sleeved t-shirts (6 in winter)
- 2 sweaters or sweatshirts (3 in winter)
- 1 lightweight jacket
- 1 heavy jacket (winter)
- 1 raincoat / umbrella (winter)
- 2 bathing suits (1 in winter)
- 1 pair of water / shower shoes
- 1 pair of hiking boots
- 1 pair of sneakers / sturdy walking shoes
- 1 pair of nicer shoes for Shabbat
- 1 pair of sandals
- 1 towel
- 1 hat
- 1 pair of gloves and hat (winter)
- Sleepwear (Enough for 10 days)

Only short sleeved t-shirts are allowed during hikes. No tank tops please.

REQUIRED FOR YOUR CARRY-ON BAG

Please check with your airline regarding regulations for carrying liquids on board
All medicine needed
Canteen / water bottle
Cash
ATM card /credit card
Toothbrush / deodorant / toothpaste (for the flight)

SUGGESTED MISCELLANEOUS ITEMS

- Camera and Memory card
- Smart phone with charger
- Sunglasses
- Adapter for electrical appliances
- Books
- Games for the bus
- Plastic bags (for wet clothes)
- Batteries
- Sunscreen
- iPod
- Tissues / Q-tips
- Journal / address book
- Toiletries (shampoo, toothbrush, etc.) Kippah (for men)
- Travel alarm clock
- Flashlight
- Day pack / waist pack

Electrical equipment has to be adaptable to 220 volts and have an adapter for the prong. Equipment on a motor (i.e. electric shaver) must be adaptable to 50HZ