

Packing for Your Livnot Program

It's best to pack the minimum you think you will need. Clothes can be washed or re-worn. Please do not bring valuables or irreplaceable items.

Luggage:

- Pack all items in a bag you are able to move yourself. Luggage ideally should have wheels.
- Additional empty bag (small duffel) to hold gifts and other purchases from Israel as your luggage needs to expand, and for overnight trips.
- Backpack for hiking/touring (bags must hold at least 4 liters of easily accessible water, camera, food, change of clothes and towel)

Clothes:

There is a washing machine at the Livnot campus, but bring enough to get you through at least a week.

The basics:

- socks and underwear
- Work clothes that you don't mind getting dusty/dirty/painted (long pants and t-shirt or shirt with sleeves required at community service sites)
- Comfortable clothes for hiking. Quick-dry material is good for summer hikes, and t-shirts rather than tank tops to protect shoulders from the sun. Layering is good during winter months. Women may want to bring sports bras for hiking.
- Casual clothes for touring, classes, and shopping:
- T-shirts, shorts, jeans, skirts etc.
- Comfortable shoes for walking – sandals are ok, but preferably not flip-flops or shoes with high heels as we will be walking on cobblestones
- 1-2 nicer tops for going out

Shabbat clothes:

- Dressier clothes (1-3 outfits) for Friday and Saturday night.
- For men, nice pants and a button down shirt and a kipah / yarmulke / head-covering (but they are easy to get in Israel if you don't have one).
- For women, a skirt at least to the knee and a blouse with sleeves that is not very low cut or see-through. An extra scarf or sweater to bring as a cover-up can be helpful.

- Israel isn't a fancy place, so emphasize comfort over style with everything you bring. Please do not bring high heeled shoes.

Clothes to bring in warmer months (May to September):

- Long sleeve shirt or jacket for cooler nights
- 1-2 pairs of long pants or jeans
- Breathable, light-weight, light colored clothing is best as the weather is very hot and sunny

Clothes to Bring in Cooler Months (October to April):

- Layering is key in cooler months, as the weather can be unpredictable.
- a few thermal/fleece/flannel pants/tops and pajamas for layering and colder nights
- warm, waterproof jacket with a hood
- layers for hiking/touring (evenings/mornings are generally cool but days can become hot in the winter)
- warm socks
- waterproof shoes or boots
- warm hat
- extra sweater or sweatshirt
- scarf/gloves (optional)
- umbrella (optional)

Equipment / Supplies:

These are mandatory for the hikes and community service outings

- Comfortable hiking boots/sneakers with good treads (break them in before coming!)
- Mini-flashlight (or light that goes on your head) are required for caves and night hikes
- Work shoes: closed toe shoes you don't mind getting paint on
- Water shoes (i.e. teva sandals) for the Dead Sea and showers
- Hat to protect you from the sun (required year round for hikes)

Other necessary items:

- Towel (all other bedding/linens are provided)

- Bathing suit (year round)
- Sun block (year round)
- Camera --batteries and film if needed (220v battery charger)
- Toiletries packaged for traveling – nail clippers, tweezers, razors must be packed in checked luggage
- Good supply of any prescription medications or other over the counter meds you may need (it's much easier to bring from home than to try and buy once in Israel)
- Credit card and/or travellers' checks (ask your provider for details/fees for using credit card/cash machines in Israel and approve use overseas)

Extras (optional):

- Sunglasses
- Extra pair of prescription glasses
- Travel alarm clock
- Hairdryer for 220v or with converter
- Two prong adapter to match round shape of electrical outlets in Israel
- Bug spray
- Journal or notepad and pen
- Travel sewing kit
- Small laundry bag
- Bandana
- Sleeping bag (required for some Livnot programs-check with admissions staff)
- Band-aids or blister pads for feet
- Extra plastic or zip-lock bags for wet or dirty clothes

Valuables:

It's not advised to bring laptops or other valuables. Internet access is available. You are responsible for your valuables at all times as there is only limited access to a safe.

Modesty:

During the trip you will be visiting religious sites and communities where modesty is important. On Shabbat and in synagogues women need to wear clothing that covers their knees and elbows (coverings are available at popular religious sites like the western wall), while men need to cover their

heads with a yarmulke or hat. Everyone must wear tops that cover the shoulders. We will be spending time in Tzfat which is an Orthodox community. While they are tolerant of most dress, you will be well received if dressed modestly.

Weather:

Overall, summer months are very hot and dry, while the winters are cooler and rainy. The sun is very strong at all times of the year, which is why sunscreen and hats are essential year round. For more details on weather forecasts go to weather-it-is-israel.com