**Packing List 2022**

When packing, please keep in mind several things:

* Chanichim will frequently have to carry their own luggage.
* Think twice before bringing anything you are afraid of losing or breaking.

All Chanichim are expected to dress appropriately on Tour in order to create a safe and inclusive atmosphere on the Programme. Chanichim should not come on the Programme wearing revealing clothing. We also ask that their clothes do not show their midriffs or their underwear.

**General Items**

* Trainers
* Strong sandals
* Trousers (jeans)
* Responsible-length shorts *e.g. no hot pants* (3 pairs)
* Skirts (1-2; at least one must cover the knees)
* Short-sleeved shirts
* Long-sleeved top/shirt (1)
* Smart/modest clothes for Shabbat (knee-length skirt/smart trousers – not jeans/leggings)
* Kippa
* T-shirts (10 with short sleeves – vest tops will only be allowed in the evenings)
* Jumper/sweatshirt (1)
* Swimming costumes/trunks (1-2)
* Big towel (1)
* Small towel (1)
* Pyjamas
* Lightweight ankle cotton socks (7 pairs)
* Several changes of underwear (7)
* Tampons/sanitary towels
* Tallit/Siddur/Chumash/Tefillin/Tzitzit (Optional)
* Casual shoes (1 pair)

**Essential Items for all Chanichim**

* Hiking/desert boots/strong sturdy shoes for walking with ankle support, which will dry quickly after a water Tiyul (Converse boots are not acceptable) - An additional pair of water shoes is recommended but not essential for the core Programme (see below).
* Water bottle – can be easily carried and will keep water reasonably cool. Participants will need to carry 3 Litres of water with them.
* Hat - Chanichim will be required to wear a hat on every Tiyul and during much of the time spent outside. Therefore, hats should be comfortable and should provide sun protection.
* Sleeping bag (small and lightweight)
* Torch (and spare batteries)
* Watch
* Valid passport
* Net laundry bag
* Toothbrush and toothpaste
* Deodorant
* Shampoo and shower gel/soap
* Sun tan lotion – lots of it (waterproof and high factor)
* After-sun/moisturiser
* Insect repellent and bite cream
* Spare glasses or lenses and a prescription (if required)
* Any prescribed medication

**Items that may be useful:**

* Sunglasses
* Money belt
* Musical instrument
* Travel wash for clothes
* Calamine lotion
* Lip salve/Vaseline
* Quickies/Wet Ones
* Savlon (antiseptic cream or lotion)
* Reading material
* Sewing kit

**A note on contact lenses**:

Contact lens-wearers are strongly advised to bring a pair of glasses for emergencies. Dusty desert conditions can create a problem for contact lenses.

**Electric Current**

The electric current in Israel is 220 volts AC. British appliances work fine with no need for a transformer, however the plugs and sockets are different and will need adapters.

**Luggage**

Please see below what we recommend when it comes to luggage participants should bring:

* 1. A soft suitcase. This is preferable to a hard suitcase as these will generally be easier to fit into a bus than the more rigid ones.
	2. A backpack around 45 litres in size. This should be their hand luggage for when they are on the plane. When they are in Israel it will be used as their overnight bag, i.e. to put in clothes, toiletries, etc. for when they sleep outdoors for a night and will be away from their suitcases for 24 hours.
	3. Tlalim will be providing all participants with a small backpack. This can be used by participants as their day-bag which can hold a water bottle, sun cream, wallet/purse, etc. They will not need to bring one like this from home.

We are very strongly requesting that participants do not bring a small case which people often take as hand luggage on planes nowadays. This will make packing the bus nearly impossible and is not very practical for what is needed on Israel Tour.