

## Suggested Packing List

Some things to consider when packing (this is not a comprehensive list, just some suggestions).

**You will have the ability to do laundry while in Israel too - it is suggested to pack for about 8-10 days worth of clothes.**

- ★ All sports equipment/sports apparel unique to your sport (we recommend you carry on your sport shoes on the plane)
- ★ Any pre-wrap, ace bandages, sports items that you regularly use. Do not assume that the USA Medical Staff will be able to provide everything daily for you.
- ★ Backpack or something to wear while touring (you will receive 1 backpack in our USA apparel package!)
- ★ Bathing suit(s)
- ★ Cell phone with back up battery charger
- ★ Close-toed shoes for hiking
- ★ Comfortable shoes for traveling (not for competitions)
- ★ Chargers & Converter
- ★ Gatorade/mix with electrolytes—powder packs or containers. It will be hard to find the same products overseas.
- ★ Granola Bars/Fruit snack items - especially for the picky eaters who often find themselves hungry
- ★ Hats/head coverings while we tour - it is VERY HOT in Israel!
- ★ Kippah
- ★ Light jacket (for evenings and airplane)
- ★ Modest clothing for women to visit holy sites (wrap or long skirt, shoulder covering).
- ★ Nice but casual outfits for Shabbat (one or two). Please also plan to wear a white or light colored casual outfit for those participating in the B'nai Mitzvah Ceremony on July 11
- ★ Medication, over the counter as needed. Prescription medication, enough for the duration of the games
- ★ Pajamas
- ★ Pants and shirts
- ★ Sandals
- ★ Shorts
- ★ SIM Card for cell phone. Order one through 019
- ★ Socks
- ★ Sneakers/cleats/shoes for your sport
- ★ Spending Money - ATM card or credit card. Please be sure to notify your bank you are traveling overseas.
- ★ Sunglasses
- ★ SUNSCREEN! Sunscreen is often more expensive in Israel.
- ★ MACCABI USA APPAREL (**Opening Ceremony outfit, competitive uniform etc.**). **Bring all to Israel!**
- ★ T-shirts
- ★ Tiger balm/Icy Hot/Badger Balm - whatever muscle relief you use
- ★ Toiletries (assume that none will be provided): shampoo, conditioner, body wash, makeup. All of this should go in your checked baggage.
- ★ Towel - for the pool/beach
- ★ Undergarments
- ★ Water bottle
- ★ Water Shoes
- ★ Woolite/Detergent - this will be VERY useful for you if you want to wash any small laundry items in your hotel rooms (socks, undergarments, etc.).
- ★ All linens will be provided for you in Israel so you do not need to bring your own
- ★ **PASSPORT!!!!** Do not forget for your international flight. It is also a very good idea to have several photo copies of your passport in your luggage & carry-on bag.