

SUGGESTED PACKING LIST

BAG OPTIONS



- Pack LIGHT! One 21-22" wheeled carry-on bag and a backpack/tote should be sufficient even for a 4-country tour. Consider a rolling duffel or hard side rolling bag with 4 good wheels and extendable handle.
- Take an extra foldable tote that will fit over your luggage handle to use for dirty laundry or souvenirs. You can check your bag on the way home and carry your backpack/tote and extra tote on the plane.
- You will have to personally move everything you bring through the airports so take only what you can carry.
- All clothing should be comfortable, breathable, travel friendly, and useful in varying temperatures.
- Most hotels can do laundry for you at a reasonable cost, or you can wash in sinks/showers.
- Hotels (except the last one in Egypt) will have blow dryers – don't bring one. Shavers & other high-power electronics must use power converters + adapters.
- Put a copy of your itinerary with your contact info in each bag. Debbie will have a copy of your passport.
- We prefer to carry luggage on the plane (so it doesn't get lost) but you can check it if needed. Check your airline for size & weight limits.
- All liquids and aerosols must fit in ONE sealed quart size bag or TSA approved equivalent.
- Check this amazon list for suggested items. [Amazon.com](https://www.amazon.com)

TSA What can I bring on the plane?

<https://www.tsa.gov/travel/security-screening/whatcanibring/all>

TSA: Ages 75+

<https://www.tsa.gov/travel/special-procedures/screening-passengers-75-and-older>

TSA: Disabilities & Medical

<https://www.tsa.gov/travel/special-procedures>



We have traveled in the Fall several times. The weather has always been very comfortable with no rain but we cannot predict what it will be this year. Plan for varying Temps including heat! Israel's temps are much like Central California/Visalia. Layers and natural fibers like cotton, linen, and wool are best. Sun-protective clothing may be helpful if you are sensitive. All clothing should be modest and comfortable. For Fall tours, it is best to layer clothes and be prepared for weather changes throughout the day.

Region	High Avg F	Low Avg F	Sunrise F
Cappadocia	78-82	55-59	45-50
Istanbul area	76-78	63-65	
Izmir area	84-87	63-67	
Greece	71-73	59-62	
Israel	85-88	64-68	
Jerusalem	75-78	58-60	

Pack in Backpack/Tote Think about what you would need if your main bag were lost.

	One change of clothes + light jacket and compression socks for plane if needed
	Electronics/chargers/camera/phone, 2 cables; glasses & sunglasses
	Medicines
	Reading material/activities, Bible or bible app, notebook, pen
	Valuables— condense your wallet, take only what you need
	Quart size toiletry bag with toiletries & toothbrush
	Travel documents & passport
	Smaller purse/crossbody bag/waist wallet for use off bus
	Money/credit cards/insurance cards

Pack in Main Bag See last page for suggested quantities. It's OK to re-wear clothing and you can wash.

	Shirts - short sleeve or sleeveless, long sleeve to layer
	Dresses or skirts (for women)
	Pants, capris (women's knees must be covered some days); jeans; zip off pants/shorts work well
	Swimsuit & coverup +quick dry towel or clothes you can get wet in for several activities
	Shorts/T or gym clothes for optional hikes or free time
	Shawl, scarf or sweater for women to cover shoulders
	Jacket for cold evenings (suggest puffer type that stuffs in ditty bag); rain jacket/light jacket that folds into pouch
	Underwear, socks bras, sports bras
	Sleepwear/robe

Seriously think about what you pack and how much you take. You can get by with a minimum of clothing as you can wash and no one cares if you wear the same thing often. Be comfortable and have clothing options. Most importantly, take comfortable shoes for walking/hiking on uneven surfaces and shoes/sandals (no metal!) that can go in water.

It is helpful to have a backpack or tote bag for the plane and to use on the bus but also to have a cinch sack or smaller bag for off-bus use.

Main Bag continued	
	Good walking shoes with a good tread & non-slip sole + sandals with heel strap. No flip flops. Water shoes with heel strap (no metal) can double as slippers for plane. Wear all shoes in before the trip so you know they are comfortable and non-slip.
	If you plan to HIKE to the top of Mt. Sinai or Masada, take trail shoes & layers/heavier clothes /gloves/hat for cold night weather
	Anything else you don't need on the plane and is replaceable.
Optional	As you may need...
	Small first aid kit, pain relievers, moleskin for blisters, motion sickness pills, sunscreen, diarrhea prevention for Egypt, etc.
	Wet wipes or small towel for washing on plane, hand sanitizer
	Hat or visor with tie for hot, rainy or windy days; small umbrella
	Cell phone with international plan (or use WIFI only); download WhatsApp app
	Spare cell phone charger with 3-4' cable for bus + cable for hotel; neck lanyard for phone; camera and/or spare SD card for phone if needed. Battery packs cannot go in checked luggage – carry on only..
	Envelope or pouch to hold receipts/stubs/tickets/papers
	Power adapter (type C plugs/2 round prongs for EU use) for charging devices with all necessary cables
	Sunglasses/glasses with case/cord; contacts/solution
	Powdered laundry detergent for sink washing; mesh laundry bag
	Packable towel to dry off on water days and use as blanket on plane Waterproof pouch for wallet/glasses on water days
	Wrinkle releaser – spray, must fit in quart bag; Ziplock type bags to put wet clothes in
	Compression bags to organize clothing in luggage Slim water bottle (not essential as bottled water is available)
	Neck pillow/blanket for plane; luggage straps to wrap around luggage; AirTags/Tile trackers (essential if you check bags)
	Carabiners to attach things and close zippers; walking poles if needed (can be taken on plane as medical device)
	Earbuds/earplugs, eye mask, Packaged snacks, gum, mints

SUGGESTED CLOTHING



CLOTHING TYPE	ISRAEL 10 nights
Women – dresses, skirts, tops, pants/jeans, capris	5-6 mix & match outfits
Men – polo/ T, jeans, golf shorts	5-6 mix & match outfits
Swimsuit, quick dry towel, gym clothes	1 each
Sweatshirt, jacket, rain jacket	1-2 each
Underwear Socks	As you need
Pajamas Robe	As you need
Walking shoe, sandal for water	1 each – Essential
Trail shoe with good tread, low ankle ok	Useful in lieu of walking shoe
Women – Scarf/wrap skirt to cover shoulders & knees	Necessary if clothes don't cover
Cap/hat	Useful