**Israel Packing List**

**Clothing**

* Your laundry bag will fill up about every 2 weeks, so bring at least two pairs of shirts, shorts, socks, and underwear for 2 weeks worth, and pack some extra things like pajamas, heavy sweatshirts, nice shirts for going out, etc.
* Religious-Wear- Minimum of 3 kippahs, extra kippah clips, as much tzitzit as you can, unless you want to wash them every week, tefillin, etc.
* 2 bathing suits and 1 pair of sandals
* Shoes: A pair of dress shoes, casual shoes, and athletic shoes​.
  + Your hiking boots must be waterproof/repellant. Mountain Warehouse is a good place to look if you need it.
  + If you are playing sports, you might want to bring cleats, a mouthguard, basketball shoes, etc. If you have parents coming later, better to bring the cleats later since football doesn't start until a couple months in.
* 1-2 hats
* Pants: 3-4 everyday pants, 3 dress pants.
* 3-4 Dress Shirts- bring at least one white button-down.
* Suits: Optional, they take up a lot of room, be wary of that.​
* Winter coat and gloves- it’ll get freezing, especially in Jerusalem
* Towels (2 bath and 1 beach)​
* Tide pods- 1 box should last you the whole year

**Medication/Personal Care**

* Mucinex, Nasal Decongestants, Vapor Rub for Nose/throat- almost everyone gets sick if not immediately then within the first month in Israel because your body isn’t used to that environment. You don’t wanna spend time searching for these things so its best to bring with you.
* Minimum of 4 Reusable Facemasks (COVID-risk dependent)
* Bandaids & Neosporin
* Toiletries- most are available in Israel, nevertheless:
  + Toothbrush
  + Toothpaste
  + Floss
  + Deodorant/soap
  + Brush/comb
* Shaver and shaver charger- I’d bring an extra charger just in case
* Bring tissues to start the year, putting them in a Ziploc bag will save up space
* Bag of Earplugs- even if you’re not a light sleeper the hallways will often be loud late into the night (optional)​
* Sunscreen

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**Bedroom-Stuff**

* Attachable Hooks [like these](https://www.google.com/shopping/product/6931551862613084002?lsf=seller:10048,store:9489584473651005162&prds=oid:10158134586878258681&q=attachable+hooks&hl=en&ei=aqQPX_ilA9PWtAbGq73YBQ&lsft=gclid:Cj0KCQjw0rr4BRCtARIsAB0_48PpFrCQi4Y1oRXvFvqwC8U40GBvZCPiAzld93ckKGSOGAp2gYFK6zsaAkFyEALw_wcB)
* Sheets, blankets, and pillowcases- only need 2 of each
* 1-2 Pillows
* Laundry Bag​

**On-The-Go**

* Camelback (optional)
* ​Duffle bag/Get a massive backpack for weekends
* Sleeping bag liner- mostly for when you go to other people's houses for Shabbos, [this is what I used...](https://www.mountainwarehouse.com/us/polycotton-sleeping-bag-liner-p2524.aspx/Charcoal/?utm_source=google_shopping&utm_medium=cpc&utm_campaign=SMART+SHOPPING+-+SHOPPING+US&utm_term=&utm_content=|pcrid|390932670121|pkw||pmt||pdv|c|slid||product|013732013001|&gclid=Cj0KCQjw0rr4BRCtARIsAB0_48OpYmrP0D7b0kwQIodRPNY5jv41sTRXO69SS_ANg6JWDu0D_ImlYjEaAtrFEALw_wcB)
* If it's small and portable bring an actual sleeping bag, chances are you’ll want to do a camping trip with your friends as I did.
* Bring a flashlight
* Brita Bottle or equivalent- in case you haven’t heard, water is filtered differently in Israel… meaning the first time you drink it you may (like a lot of people) have the runs haha. You won't be able to avoid tap water forever so be strategic when you drink it so you don’t miss anything important/fun. Buy extra filters because they expire. The Brita is also important for when you travel.
* Have a unit converter app on your phone so you become familiarized with Shekels and know how much you're spending.
* You must have the app Moovit:
  + ​[Download for Apple](https://apps.apple.com/us/app/moovit-train-bus-times/id498477945)
  + [Download for Android](https://play.google.com/store/apps/details?id=com.tranzmate&hl=en_US&gl=US)
* You'll get your Rav Kav (train/bus card) at the Central Bus Station (Tachana Mirkazit) in Jerusalem probably. Go with friends- they’ll need to go as well and it’s a long wait
* Umbrella- it rains a ton in Jerusalem in the winter
* Case for sunglasses- it's hard to find decent/cheap sunglasses so protect yours
* Adapters- sometimes outlets will only allow for an adapter with 2 metal prongs or 3. Have both just in case because you never know what kind your host will have for Shabbos. I'll link the two so you know what I mean:
  + [3 Prongs](https://www.walmart.com/ip/Israel-Travel-Plug-Adapter-by-BESTEK-Grounded-Universal-Plug-Adapter-3-Packs/244276614?wmlspartner=wlpa&selectedSellerId=3563&&adid=22222222227000000000&wl0=&wl1=g&wl2=c&wl3=42423897272&wl4=pla-51320962143&wl5=9021475&wl6=&wl7=&wl8=&wl9=pla&wl10=113733833&wl11=online&wl12=244276614&veh=sem&gclid=Cj0KCQjw0rr4BRCtARIsAB0_48PXpuP6LyTIyCsogGdvEug2AGxbqWBV65AzrmazGZDTEgS2UUIIXTUaAombEALw_wcB)
  + [2 Prongs](https://www.target.com/p/travel-smart-all-in-one-adapter/-/A-16346751?ref=tgt_adv_XS000000&AFID=google_pla_df&fndsrc=tgtao&CPNG=PLA_Luggage%2BShopping_Local&adgroup=SC_Luggage&LID=700000001170770pgs&network=g&device=c&location=9021475&ds_rl=1246978&ds_rl=1248099&gclid=EAIaIQobChMI7Kqe0PzS6gIVEr7ACh1dxA80EAQYAiABEgKhe_D_BwE&gclsrc=aw.ds)
* Mini travel bottles you could pour you shampoo/body wash into
* Luggage Scale
* Vacuum seal bags (optional)- you’ve got a lot to bring with, and you’ll likely come back home at the end of the year with more stuff than you brought with, so you’ll need the extra room.
* Ziploc bags
* Back up battery for phone
* Portable Speaker

**Class Materials**

* Notebooks (I got mine there but if you like American better bring them)
* Folders
* Binders
* Pens, Pencils, Highlighters
* Post-it Notes
* Post-it Tabs
* Pencil Case

**Other**

* Bring books for leisure like fiction and stuff, most people do
* Journal just for your gap year (Ik that might sound weird, but it can add a lot to your year and will serve as a good memory. I wrote down things like: main things that happened when I went to “\_” for Shabbos, and I would’ve easily forgotten those details/stories had I not written them down.)
* SIM Card (I got mine from [HotMobile](https://www.hotmobile.co.il/hotmobile_en/pages/default.aspx))
* Copy of Passport
* Sharpies