

# Yael Adventures

## Summer Packing List

- 6 Pairs of Shorts
- 4-5 Pairs of Long Pants  
(Jeans/Leggings/Sweatpants)
- 12-15 short sleeve shirts/tanks
- 2-3 Long Sleeve Shirts/Sweaters
- 3 Bathing Suits
- 14-16 Pairs of Underwear
- 14-16 Pairs of Socks
- 1 Pair of Durable Shoes for  
Hiking/Walking
- 1 Pair of Comfortable Shoes
- 1 Pair of Nice Shoes
- Going Out Clothes
- Modest Clothes for Holy Sites
- Flip Flops/Sandals
- Blouse/Dress/Long Skirt for Women  
or Button Down + Khakis for Men for  
Shabbat
- Necessary Toiletries (Body Wash, Shampoo,  
Conditioner, Toothbrush, Toothpaste, Deodorant)
- Prescription Medications
- 1 Towel
- Passport
- Printed copy of passport
- Books/Magazines
- Plastic Bag for Wet Clothes
- Sunglasses
- 1-2 hats
- Phone Charger
- Adapter (Type C, H, M)
- Small Bag/Purse/Fanny Pack/Backpack
- Spending Money
- Credit Cards
- Refillable water bottle
- Copy of Prescriptions
- Over the Counter Medications

## **PACKING TIPS**

### **ENSURE COMFORTABLE FEET ON OUTDOOR ADVENTURES**

During group hikes and nature walks, you are required to wear closed-toed shoes, but it is unnecessary to purchase specialized hiking boots. Participants have found rugged outdoor shoes such as Merrells or trail running shoes with tough soles to be particularly useful. For water activities, it is essential to bring an extra pair of shoes that can withstand getting wet and remain secure on your feet while you are active. Adventure sandals with supportive straps, such as Keens, Chacos, or Tevas, are ideal for this purpose.

### **DRESS MODESTLY AT THE WESTERN WALL**

In Israel, casual attire is generally acceptable, but when visiting religious sites such as the Western Wall, it is appropriate to dress modestly. Women should wear clothing that covers their knees and shoulders, and men should have their shoulders covered. We suggest carrying a scarf or cardigan to drape over your shoulders and a skirt that can be pulled over shorts for a more modest appearance. Alternatively, pants or capris are also acceptable.

### **DRESS NICELY FOR SHABBAT**

Friday nights are a time to relax and celebrate Shabbat, and the pace of the trip slows down. It is recommended to wear something a little fancier for this special occasion, such as a polo or buttoned-down shirt with khakis or nice jeans. Avoid low-cut, strapless, and mini clothing.

### **STAY HYDRATED IN ISRAEL**

The sun in Israel is stronger, so carrying a water bottle is essential. Your body will require more frequent hydration than you are used to, with a recommended intake of 2-4 liters of water per day. CamelBaks or other hydration pouches are useful for carrying water and personal belongings while on the move. Israelis often recycle their plastic store-bought water bottles by refilling them from the tap, which is safe to drink. If you don't have a water bottle or CamelBak, there will be plenty of stops where you can purchase water.

### **PACK YOUR LUGGAGE WISELY**

You are responsible for carrying your luggage to the airport and between hotels and buses. Therefore, pack your belongings in something that you are comfortable carrying, such as a rolling duffel bag with wheels. It should be big enough to contain all your clothes for the ten-day trip but not exceed the size and weight limits for your flight, usually around 50 lbs.

### **BRING A DAY PACK FOR ESSENTIALS**

We recommend bringing a small daypack or backpack to carry your daily essentials when touring, such as a wallet, water bottle, camera, hat, and extra layers depending on the season. This bag can also be used as your carry-on for your flight.

## **DURABLE OUTFITS**

Pack clothes that can withstand a lot of walking and sweating during the day. Think breathable fabrics and comfortable shoes that you can wear for hours on end.

## **DIFFERENT OCCASIONS**

Pack clothes that are suitable for different occasions. You'll need durable outfits for daytime activities, but you'll also want to pack clothes that are suitable for going out to dinner or exploring in the evenings. Consider packing a dress or nicer shirt and pants that can be dressed up or down.

## **MULTIPLE OUTFITS**

Due to the warm weather and active itinerary, expect to change outfits multiple times throughout the day. Pack extra clothes that can be re-worn or mixed and matched with other pieces in your suitcase.

## **VERSATILE PIECES**

To make the most out of your limited suitcase space, pack pieces that can be repurposed or mixed and matched with other outfits. For example, a scarf can be used to cover your shoulders or dress up a simple outfit.

## **LAUNDRY DETERGENT**

Consider bringing a small bottle for washing things like bathing suits or underwear when in a pinch