

Israel 2014/2015 Trip Checklist & Tips

Clothing

- Lightweight fabric shorts/pants which dry quickly (i.e. Nylon, hiking type)
- For easy transition where legs must be covered: pants with zip on/off legs
- Mid-calf lightweight elastic waist skirt, lightweight jumper or large cotton scarf to wrap around shorts
- Lightweight knit or T-shirt for each day (tank tops are not acceptable)
- For women: please avoid wearing sheer white shirts
- If sun sensitive - lightweight long sleeve shirt (prevent severe sun poisoning)
- Hiking socks, lightweight under socks (recommend Smart Wool socks)
- Aggressive hiking boots with good ankle support mandatory - **break in well**
- Extra cushioned insoles helpful (available at sporting good shops)
- Mesh water shoes with soles or Teva type shoes (old gym shoes may be disposed of when no longer needed)
- Bathing suit
- Hat (full brim is the best) or visor cap (clip on cord or string tie recommended)
- Head sweat band or cotton scarf/bandana (optional)
- A couple casual outfits for dinner or travel (most often dinner is eaten in hiking clothes)
- Sandals or comfortable casual shoes
- Lightweight, waterproof rain jacket (February, March, April)
- Frogg Toggs Chilly Pads (optional)

Supplies

- Travel pillow for airline flight (Inflatable pillow supplied by GTI)
- Sunglasses with neck cord
- Black backpack (supplied by GTI) is great to use daily on the bus for snacks, shoes, Bible, money, etc.
- Small bottle of laundry soap in a Ziploc bag works great
- Small and large Ziploc bags for snacks, collectibles (write on the bag what it is and where found)
- Washcloths (hotels do not provide them)
- Snacks/ granola bars, trail mix, beef jerky, candy bars (Payday bars are good - no chocolate as it melts), "tube" peanut butter, crackers (lunch is often late in the day)
- Powdered Gatorade, sports mixes, or electrolyte tablets to replenish needed body nutrients during/after strenuous hiking
- Medications: Ibuprofen, antibiotic ointment, motion sickness pills if needed for bus rides, whatever else you may use. Pack prescription meds in original container(s). Please think ahead about personal medical needs that may come up
- Ambien, Melatonin or Tylenol PM to help regulate sleeping patterns
- Hand sanitizer – the kind that hangs on your bag
- Moleskin or Spenco Blister Kit for blisters & small scissors
- Flashlight with extra batteries
- Electrical adapter (240 voltage, 3/2 prong, European)
- Highlighters/ pens (a pen w/ grip may be helpful - sweating makes it hard to hold)
- Camera, memory & batteries
- Sunscreen (# 30-50spf)
- Small alarm clock
- Mosquito repellent
- GTI study guide (add extra paper or journal for daily journaling and photo records)

- GTI Camelback and/or water bottle for hiking
- Lots of tissue packs (1-2 per day) - many bathrooms are out of paper or none at all
- Packs of disposable cloths (Wet Ones) or a dry-wash liquid may be helpful
- Small bills (singles and fives) can be kept on the bus/totally safe. \$50-100.00 should be fine
- Photocopy of passport kept separately
- Health insurance international claim forms
- Carry medications with you in your carry on
- Might want to take a set of clothes in your carry on
- One Suitcase (50lbs), One carry on (backpack/GTI bag), One personal (purse, camera case)

Travel Tips

- Drink a *lot* of water on warm days!
- Apply sun screen frequently
- Train for strenuous climbing by stair stepping, doing lunges, aggressive walking/hiking in boots and weight training
- On study guide index page, record page number of each location for quick access or alphabetize list w/ page number
- Journal each place and faith lesson daily, include 1-2 daily highlights
- Several times a day stop and look all around you and soak it all in - get the big picture
- Wear boots every day
- Take credit card, checks and cash (U.S. currency is accepted everywhere)
- Organize clothes and waist pack supplies each evening before bedtime
- Keep toilet paper or tissues in backpack for emergency pit stops

- Internet – its available in more and more hotels for a fee
- Contact credit card companies to let them know you are traveling
- Contact cell phone provider if you want international coverage for phone and data while traveling
- Wear your name tag/lanyard always...Please

Photography Tips

- Record date photo taken and list location
- MANY pictures are available on line. Time is limited.
- Purchase postcards of hard-to-shoot places (e.g. Dome of the Rock, Masada)

Shopping Tips

- We will have only a couple of locations for shopping.
- Shopping locations are places of ministry to support local Christians

Study Preparation

- Complete the Moody Bible Institute online curriculum
- Optional: Read *The Source* by James Michener

DON'T FORGET YOUR PASSPORT!