

PACKING LIST - THE HOLY LAND

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure to The Holy Land. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

Weather-wise, the average temperatures during spring can range from a high in the 80s to lows in the 50s Fahrenheit. Check weather.com closer to your arrival date for the weather forecast. Be sure to check the weather in different cities as the temperatures can vary.

Because of the expeditionary nature of our travels, modest, conservative dress is required during some days of the journey. Your guides will be sure to remind you if the itinerary warrants a specific dress code or a more conservative attire. In these areas, be sure to keep shoulders covered, and avoid shorts (men included) or short skirts.

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- Light scarf, hijab or layer appropriate for covering at holy sites and useful in the desert to shield from the sand
- 4-6 long sleeve shirts (quick dry recommended)
- 1 light weight fleece sweater
- 3-4 pairs of pants
- 1-2 sets of nicer clothes for dinner
- 1-2 bathing suits
- Waterproof jacket
- Hat for sun protection
- Underwear
- Socks
- Comfortable walking shoes/sneakers
- Sandals/water shoes for Dead Sea
- Sleepwear

AdventureWomen Essentials

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel

- insurance number
- Locks for your luggage
- OPTIONAL Travel alarm clock with spare batteries or phone
- OPTIONAL Headlamp or small flashlight with spare batteries
- OPTIONAL digital camera, memory cards, battery charger
- Power adapters/power bank
- Adaptors (Type C Adaptor)
- (If Necessary): Converters for electronics (220/230 volts, 50 Hertz)
Most electronic devices have a built-in converter. Hair dryers, straighteners, electric razors, etc. will need a converter.
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle (you will refill your bottle throughout the trip)
- Sunscreen and lip balm with SPF (Reef friendly)
- Mosquito repellent

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- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner (biodegradable)- note that all hotels on this trip provide soap, shampoo, and conditioner; only bring it if you prefer having your own
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff (biking may be dusty)
- Reading material, journal, pens
- Masks/face coverings

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Motion Sickness medication if you are prone to motion sickness
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home COVID tests

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.