

# Suggested Packing List

## Clothing

- Hiking boots with good ankle support mandatory – **break them in well**
- Hiking socks that “wick away” moisture (smart wool is a good brand)
- Zip-off pants – lightweight with standard length shorts – 1 to 2 pair
- Lightweight shirts – sleeveless and tank tops for women are unacceptable – long sleeves for sun sensitive skin
- Women – avoid wearing white shirts
- Hat or visor cap (clip-on or string tie recommended)
- Head sweat band or bandanas (optional)
- Three to four changes of clothes for hiking, one or two casual outfits for evenings (dinner often eaten in hiking clothes)
- Sandals or comfortable shoes for evenings
- **Water shoes – not flip flops, need to have straps**
- Lightweight, waterproof rain jacket (for spring)

## Supplies

Provided by GTI –

- Tour Bible
  - Study Guide
  - Pack with water bottles
  - Inflatable pillow for use on plane, bus, and for “rock sitting”
  - GTI carry-on duffle bag (good for bus as well), name tag, luggage tag
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- Sunglasses with neck cord
  - Small bottle of laundry soap – laundry is done in sink or bathtub
  - Plastic hangers to hang clothing
  - Zip lock bags for snacks, collectibles, and for disposing of personal items (pack it in, pack it out)
  - Loofa, mesh sponges, or washcloths (hotels do not provide them)
  - Plastic drain stopper (some hotels don't have them)
  - For women: personal hygiene products
  - Tissue packs or portable bathroom tissue roles
  - Snacks – granola bars, trail mix, beef jerky, non-chocolate candy bars (paydays), protein/energy bars (lunches are often late in the day)
  - Electrolyte replenishment items – gels, powders, sport beans
  - Medications: aloe cream for sunburn, Ibuprofen, antibiotic ointment, melatonin, ambient, Tylenol PM (to help regulate sleep), motion sickness pills. Pack prescriptions in original container(s)
  - Moleskin to prevent blisters, band aids – antibiotic and blister bands
  - Flashlight with strong light and extra batteries
  - 2 prong electrical adapter plus a converter for irons/curling irons – most hotels have hair dryers

- Highlighters/pens, notebook
- Camera with extra batteries or charger
- Bathing suit
- Sunscreen (30 or greater)
- Small alarm clock
- Small bills (singles and fives) – valuables can be kept on bus. We suggest using credit cards for larger purchases
- Photocopy of passport – kept separately
- Phone cards for use from pay phones – each company has it's own access code...Hotel phones charge international rates for dialing and is expensive
- Walking stick, lightweight, fold-up (optional)
- Hand sanitizer/wet ones – keeping hands clean is a must

## **Tips**

- Train for strenuous climbing by stair stepping, doing lunges, aggressive walking/hiking in boots and weight training – cardio training very important
- Stay hydrated: drink water frequently, a little at a time!
- Apply sun screen frequently
- Purchase postcards of hard to shoot places
- Wear boots every day
- Washing machines available at the Kibbutz's (Sea of Galilee hotels)
- Hand wash clothes is most convenient – wring out excess water in towel and dry on balcony or hang in room
- Organize clothes and waist pack supplies each evening before bedtime
- Keep toilet paper or tissues handy for emergency pit stops
- Pack a set of hiking clothes in carry-on luggage and, if you're coming as a couple be sure each suitcase contains clothes for both of you in the event your luggage is delayed.

**Don't Forget Your Passport!!!**