

# WALKING THE TEXT IN THE PROMISED LAND

## - SUGGESTED PACKING LIST -

### CLOTHING

- One checked bag up to 50 lbs, MAX (airline restriction), plus one carry-on (preferably your hiking backpack)  
Note: There will not be room on the buses in Israel for more than one checked bag per person.
- Wide-brimmed hat is a must!
  - North Face, Outdoor Research and other hiking outfitters make great wide-brimmed hats. A more expensive brand, but arguably the best hiking hats are Tilley.
- Lightweight, hiking, moisture wicking or knit shirts that dry quickly (tank tops and sleeveless shirts/blouses are not acceptable)
- Lightweight long-sleeved hiking shirts if you are sun sensitive or prefer more coverage
- Lightweight fabric shorts/pants which dry quickly (i.e. Nylon, hiking type)
- One pair of pants with zip on/off legs would be helpful for easy transition when legs must be covered (at sacred sites) or if weather gets unexpectedly cool.
- Ladies can use a wrap around skirt or elastic waist skirt to put on over their shorts (must reach your ankles) when legs must be covered (at sacred sites)
- Ladies, you will want to bring a scarf to wrap around your arms (for sacred sites) if you don't bring a long sleeve hiking shirt
- Swimming suit (one piece or tankini preferable for women)
- Moisture wicking hiking socks are highly recommended
  - Recommend Smart Wool or something similar. Cotton is susceptible to fostering blisters.
- Hiking shoes (or boots if you prefer) that have great ankle support – ***break in extremely well***
  - In addition, you may want to steer clear of “waterproof” or GoreTex shoes. They generally don't allow your feet to breath (some do), and since it will be hot, you'll want your feet to breath.
- Water shoes or Teva type shoes for one of our water activities (flip flops will NOT due the job)
- Sandals or comfortable casual shoes
- 1-2 casual outfits for dinner (if desired ... dinner is most often eaten in hiking clothes)
- Lightweight fleece or sweatshirt may be desirable for plane rides, cool mornings, lounging in evenings, etc.

### SUPPLIES

- Passport ... Passport ... Passport
- Durable Sunglasses are a must! You may want a neck cord.
- Evaporative Cooling Towel (popular brand is Ergodyne) is becoming popular for participants to bring
- Hydration Backpack & Water Bladder (both supplied by GTI) - OR - your favorite day-pack/backpack
- 2 water bottles (32-oz Nalgene work well) in addition to the water bladder in backpack
- If you struggle with any hip, knee, or ankle pain, I'd highly recommend hiking/trekking poles
- At times, we'll have study times where shade won't be available, and some like to have a shade umbrella
- Similarly, some like to have a pad or cushion to sit on during study times
- Bible (a small NIV is supplied by GTI but please bring the Bible of your choice)
- Study Guide (supplied by GTI)
- Notebook for taking notes and journal recordings (supplied by GTI)
- Pens (a pen w/ grip is helpful as sweating makes it hard to hold)
- Flashlight (supplied by GTI) or head lamp ~ please keep in your hip pack at all times
- Powdered Gatorade, Propel, Celtic Salt, or something similar for Electrolyte replenishment
- Snacks are a must as lunch can come later in the day
  - Granola bars, protein bars, nuts, trail mix, dried fruit, crackers, beef jerky, candy bars (Paydays work well) – no chocolate as it melts
- Quasi-medical gel packets for heat exhaustion or fatigue
  - Includes electrolyte jelly beans, GU, etc. and can be obtained at Running/Sporting stores
- Small and large ziplock bags for snacks, collectibles (write on the bag what it is and where found), and packing out trash during the day
- Imodium-d, aspirin w/ ibuprofen, diuretics, fiber pills, etc.
- Melatonin or Tylenol PM to help regulate sleeping patterns

- Please drink lots of water on the flights as this will significantly decrease jet lag
- Moleskin or Spenco Blister Kit for blisters (you'll need small scissors as well)
- Foot powder and/or Athlete's foot cream (such as Tinactin)
- Neosporin and band aids (we'll have a medical kit, but it would be good to have some in hip pack)
- For women, bring an ample supply of feminine hygiene products
- If you are prone to chaffing, please bring anti-chafe balm (recommend Body Glide)
- Record of any important medical allergies, medicines, immunizations, insurance, etc.
- Lots of tissue packs – many of the bathrooms (and bushes in the field) don't supply toilet paper
- Hand sanitizer (small bottles are recommended)
- Packs of disposable cloths (Wet Ones) may come in handy but are not necessary
- Sunscreen (the sport kinds are best as they are generally sweat proof) & Chapstick w/ SPF
- Small plastic bottle of dish soap in a zip lock bag is helpful if you need to wash out water bottles
- Small plastic bottle of laundry soap (Woolite works well) in a zip lock bag is useful if you plan on washing clothes (which will be done in your rooms – in showers or sinks)
- Digital Cameras
- Electrical adapter (220 voltage, 2 or 3 prong European type)
  - Most electrical gadgets and chargers have a built-in converter, which means you will only need an adapter. However, if they don't you will also need a converter.
- Loofa / mesh sponge or wash cloths come in handy for showers as most hotels don't provide them
- Inflatable pillow for use on the plane or bus
- Rubber plug (for sinks in hotels in order to do laundry by hand)
- Small but **loud** travel alarm clock (sometimes the hotel wake-up calls don't happen as requested)
- Small bag (like a mesh tie bag) for items you want to leave on the bus for the day
- Small bills (singles and fives) can be kept on the bus (totally safe)
  - The price for the trip is all-inclusive. You don't have to spend an additional dollar if you don't wish. However, if you plan on purchasing souvenirs or desire to have pop at evening meals, please bring additional cash (credit cards are accepted at souvenir stores).

#### **ADDITIONAL PERTINENT INFORMATION & TIPS**

- Email & TV
  - There will be times when you will have access to email. It will be at the end of the day and you will be really tired, so you may not want to go through the hassle of getting online. If you do, I highly recommend using email only for the purpose of communicating with friends and family about the trip. Please don't spend time checking your email or surfing the internet just for fun.
  - There will be TVs in many of the hotels. I would highly recommend leaving the TVs off. Spend that time thinking, journaling, praying, reading your Bible or decompressing the day with a friend.
- Phones / Skype / FaceTime
  - You will need to check with your cell phone carrier to see if you have international capabilities.
  - There are companies in the US that allow you to rent international cell phones.
  - You can access WiFi at the hotels to connect with family and friends through Skype or FaceTime
- Photocopies of Passport
  - You should have already submitted a copy of your passport to GTI. In addition, you need to make two more photocopies of your passport. Keep one in your checked luggage and give the other one to someone else to carry for you throughout the duration of the trip.
- Cross pack an outfit with one other person.
- Make sure to have hiking shoes and gear in your carry-on in the event your luggage gets lost.
- Please refer to the "What You Need To Know" and "Trip Brochure" (both PDF documents available on my website) for all other pertinent information about the trip and what to expect.

**Don't Forget Your PASSPORT!!!**