

NFL ISRAEL TRIP

— 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 bus for more than one checked bag per person.
- Regular Hat or a Wide-brimmed Hat is more helpful if it's hot.
 - North Face, Outdoor Research and other hiking brands make great hats. A more expensive brand, but arguably the best hiking hats are by Tilley.
- Lightweight, hiking, moisture wicking or knit shirts that dry quickly (tank tops and sleeveless shirts 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 skirt to put on over shorts (must reach your ankles) when legs must be covered at sacred sites. Long pants are acceptable for ladies at sacred sites.
- Yoga pants or tight, compression pants are not acceptable for any of the days.
- Swimming suit
- Moisture wicking hiking socks are highly recommended (cotton can foster blisters)
 - Recommend Smartwool, Darn Tough, or similar brands
- Aggressive hiking boots or light hikers that have great ankle support – break in extremely well
- Water shoes or Teva-type shoes for one of our water activities (flip flops will not work)
- Sandals or comfortable casual shoes
- 1-2 casual outfits for dinner (if desired). Dinner is most often eaten in hiking clothes.
- Fleeeces and/or sweatshirts for plane rides, cool days, etc.
- Rain Jacket (and potentially rain pants if we get a particularly rainy day)
- Jacket for keeping warm on cooler days
- If cooler weather, please also bring lightweight gloves and hat

SUPPLIES

- Passport ... Passport ... Passport
- Durable Sunglasses are a must! You may want a neck cord.
- Evaporative Cooling Towel (great brand is Ergodyne) if you struggle with heat
- Hydration Backpack & Water Bladder (both supplied by GTI) - OR - your favorite day-pack/backpack
- 1 water bottle, a 32-oz Nalgene works well (in addition to the water bladder in your backpack)
- If you struggle with any hip, knee, or ankle pain, I'd highly recommend hiking/trekking poles
- Some like to have a thin pad or small 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)
- Flashlight or head lamp - please keep in your backpack at all times
- Umbrella (compact to keep in your bag)
- Electrolyte replenishment (GU, Electrolyte Jelly Beans, Science In Sport, etc.)

- Snacks are a must as lunch can come later in the day
 - Granola bars, protein bars, nuts, trail mix, dried fruit, crackers, beef jerky, etc.
- 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, Tinactin
- 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)
- Neosporin and band aids (we'll have a medical kit, but it would be good to have some in backpack)
- 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 & Chapstick w/ SPF
- Small plastic bottle of dish soap in a zip lock bag is helpful if you need to wash out water bottle
- Small plastic bottle of laundry soap in a zip lock bag is useful if you plan on washing clothes
- 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
- Money. The price for the trip is all-inclusive. You don't have to spend an additional dollar if you don't want to. However, if you plan on purchasing souvenirs or desire to have beverages at evening meals (water is included), bring additional cash (credit cards are accepted at souvenir stores).

ADDITIONAL PERTINENT INFORMATION & TIPS

- Phones / Skype / FaceTime
 - Check with your cell phone carrier to see if you have international capabilities.
 - All of the hotels have WiFi (some WiFi connections are poor - just an FYI)
- Photocopies of Passport
 - You should have already submitted a copy of your passport to GTI. In addition, you should 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.
- Make sure to have hiking shoes and gear in your carry-on in the event your luggage gets lost.

Don't Forget Your PASSPORT!!!