

**TOUR
INFORMATION
BOOKLET**

March 11-22, 2019

CHECKLIST FOR MUST HAVES

- **Passport**
 - with same name used on ticket
 - expiry date no later than 6 months after last day of visit to Israel.
- **Travel Medical Insurance** – a must and very inexpensive
 - coverage from the date you leave the US to the day you return back to the US
 - need your policy number or group coverage number
 - need the insurance company's contact numbers in case of need
 - travel guard & faith ventures are two trusted companies we use on a regular basis
- **US Cash**
- **Credit Card/Debit Card**
- **2 Copies of all the above (except cash)**
 - leave one copy at home with someone you trust and can contact
 - put one copy in suitcase or someplace separate than the originals
- **Electronic option for copies**
 - You can take a picture with your iPhone and send it to yourself in an e-mail. It will then be available to you anywhere there is wifi. Leave a copy at home with someone as well.



TRAVEL TIPS



On the airplane:

- Wear comfortable loose clothing! You will be on the plane for a very long time. You want to be as comfortable as you can.
- Wear shoes that you can slip off easily and put back on easily to go to the washroom (restroom).
- Ladies carry sockies for when you have shoes off. Your feet will get cold. Get the loose soft warm fuzzy ones like Costco sells in the winter. Your feet will swell and you don't want them tight.
- Ladies wear hair in a style that you can lean your head back and rest.
- Drink LOTS of water on the plane. You will be dehydrated flying with the dry, stale air. Being in that state makes you more tired and also more susceptible to illnesses recirculating through the vents. You can go to the galley and asked for water at anytime. They give small cups so ask for 2 or stand there and drink it and ask for another one. Bring a light weight water container with large opening so it can be refilled. DRINK LOTS!!!
- Carry on a few healthy snacks like almonds or trail mix.
- Carry reading material. Don't bring heavy hardback books. Electronic optimal. Paperbacks or magazines are great as well. You can give away or exchange with others on the trip. Hardbacks become a burden.
- Bring a neck pillow. Try different ones out.
- Bring a sweater or light coat on the plane. Even with the small blanket they give you it is cold when you are sleeping. You can also use the extra layer in Israel at night!
- Use mask over your eyes to block out light and get sleep.
- Bring anti-nausea pills for motion sickness. Added bonus...they make you sleepy!
- SLEEP! It will be day when we arrive and you will need to stay awake until bed time Israel time. We take melatonin on the plane after they serve supper so that we can sleep. We also take during our first few days in Israel. It really does make a difference with the jet lag.

PACKING TIPS:

- Like they say...put all your clothes out that you think you will need and then only **take half**. Usually it is less than half that you really need.
- Choose one basic color theme for your basic color needed for shoes and purse. Black, brown or blue are good colors that won't get as dirty as a light color. If you choose black bring clothes that match black shoes and purse. That way you only need one or two pair of shoes and one purse.
- You can wash out light weight tops and also your undergarments when you shower at night. Wring very well and spread out to dry.

- Layer clothing. Bring light weight pullovers, shirts or blouses. Pair them with a sweater that matches everything when cool... nights can be cool.
- Thin vests or a scarf can change an outfit easily and take little space.
- Choose tops or shirts that will coordinate with more than one skirt or pair of pants. Mix and match.
- Choose clothing that does not require ironing. Just hang items you are going to wear in the bathroom the night before so that steam will loosen the wrinkles when you shower.
- Bring a pair of stable, comfortable walking shoes. The areas that you will be walking on can be uneven and rough. Buy now to break in before leaving.
- See sample packing list for more information.



MONEY MATTERS:

- **Take US Funds for cash**
 - Both small & large denominations are needed.
 - Lots of \$1s for water, some \$5s and \$10s.
Easier to bargain with small bills as well. Some find it easier to get good deals with local currency which you can access from the ATM in the hotel.
- **ATM Machines**
 - Hotels have ATM machines.
(They dispense Israeli money.) Shops in hotel will exchange US cash if you want Israeli money as well. Hotel next door in Jerusalem dispenses US Cash in machine.



- Be careful not to take out or exchange too much so that you have too much to exchange back when you leave.
- Most places take US cash as well. Up to you to exchange or not.
- Also remember you are charged a service charge by your bank when you use the machine. However, this is small insurance against carrying too much cash that can be lost or stolen.

FOOD MATTERS:

Breakfast and Supper Buffet PROVIDED with tour - All you can eat

Tip: You can take a few items with you from breakfast if you like for lunch or a snack later on.

The following are all OPTIONAL!

(You must have cash for these items if you want them. Small establishments don't take credit cards.)

Lunch: \$7 to \$15 US Funds per day

- This is not required - you can bring jerky, nuts etc and snack for lunch if you want.

Bottled water: \$2 to \$4 US Funds per day

- (Can buy from bus driver \$1.00 per bottle)
- Tap Water is supposed to be safe to drink in Israel. We drink it. **You can fill your water bottle at breakfast to take on the bus to save \$.**



LUGGAGE

Check with all the airlines on your itinerary to insure your carry on or checked bag is an acceptable size.

We always travel with **one carry on** and **one large personal bag such as daypack**. We have done this for trips that lasted 6 weeks. We have seen too many people get to their destination and their luggage does not arrive until a few days after.

Also, it so much easier not to lug around a bunch of stuff that you don't need. You will

NEVER regret going light and you must likely will ALWAYS regret going heavy! We change hotels 3 times.

For the return trip home if you have purchased souvenirs and need extra luggage you can purchase luggage cheaply in the Old City or Ben Yehuda Street Shopping area. You can use the \$25.00 - \$35.00 checked bag fee you saved on your way over to put toward the luggage you buy in Jerusalem.

Another idea is to fold a duffle bag flat in the bottom of your carry on and use it to stuff clothes in to send as a checked bag on the way home. You can put the more delicate things you bought in your carry on.

If you want to check a bag you can. But we don't advise it. If you do be sure to pack a few days items in your carry on so that you are not stuck if your checked bag does not arrive with you.

SPECIAL MEDICAL NEEDS:

To ensure the health and welfare of certain air travelers there are no limits on the amounts of the following liquids, gels and aerosols you may carry through a security checkpoint:

- All prescription and over-the-counter medications (liquids, gels, and aerosols) including eye drops and saline solution for medical purposes;
- Liquids including water, juice, or liquid nutrition or gels for passengers with a disability or medical condition;
- Life-support and life-sustaining liquids such as bone marrow, blood products, and transplant organs;
- Items used to augment the body for medical or cosmetic reasons such as mastectomy products, prosthetic breasts, bras or shells containing gels, saline solution, or other liquids; and,
- Gels or frozen liquids needed to cool disability or medically related items used by persons with disabilities or medical conditions.

You are not limited in the amount or volume of these above items you may bring in your carry-on baggage. However, if these items are in containers larger than three ounces, please perform the following:

- Separate these items from the liquids, gels, and aerosols in your quart-size and zip-top bag.
- Declare you have the items to one of our Security Officers at the security checkpoint.



Carry on liquids:

- All liquids, gels and aerosols must be in **three-ounce or smaller containers**.
- Larger containers that are half-full or toothpaste tubes rolled up are not allowed.
- All liquids, gels and aerosols **must be placed in a single**, quart-size, zip-top, clear plastic bag. (*Gallon size bags or bags that are not zip-top such as fold-over sandwich bags are not allowed.*)
- Each traveler can use only one, quart-size, zip-top, clear plastic bag.

WHAT TO PACK

Clothes

- **Shirts or Tops**
 - Bring up to four or five shirts in a cotton/polyester blend or lightweight wool. Arrange mix according to season.
- **Sweater or Lightweight Fleece**
 - Warm and dark is best — for layering and dressing up. Dark colors don't show wrinkles or stains. Wear on plane.
- **Skirts or Pants**
 - Bring two to three pairs that will work mix/match with the shirts: Button-down wallet pockets are safest (though still not as thief-proof as a money belt, described below). If you take jeans or jean skirt wear on the plane...they weigh a lot and take up your allowance
- **Underwear and Socks**
 - Bring a few sets and one light weight night clothing item (lighter weight dries quicker) We wash out on the first day of a place we will be for a couple of night so they have time to dry before heading to next place. You don't want to pack wet clothes.

- **One to Two Pair of Shoes**
 - Take a well-used, light, and cool pair, with good traction. Some people bring along an extra pair of lightweight shoes in case the shoes get wet or to give a change for the feet.
- **Jacket**
 - Bring a light and water-resistant windbreaker that has a hood. Rain proof is a bonus. You can wear this on plane as well to leave more room in your carry on.
- **Scarf**
 - Anything lightweight that can change up your outfits. Also provides warmth when it is windy and cool.

Toiletries

- **Toiletries Kit**
 - We traveled with travel size toiletries last trip. Hotels supply shampoo and conditioner. There is no need to pack those. The only thing I had to buy there with hairspray. Stick deodorant is not counted a liquid. You can buy anything you need there if you run out!
- **Soap**
 - We use hotel soap bar for washing clothes. If you prefer you can find powder clothes detergent for travel. Better than carrying heavy liquids and safer not to spill.
- **Clothesline**
 - Travel ones are handy but not necessary if no room... we hung on hangers and over shower rod and everywhere else we could find!
- **Sewing kit**
 - Take along a few safety pins and buttons.
- **Earplugs**
 - Good set of expandable foam plugs.
- **First-aid Kit**
 - Band-Aids and Polysporin (Anti bacterial cream)
- **Extras**
 - ... eyeglasses, contact lenses, and prescriptions. If bringing contacts, bring your glasses just in case.
- **Medicine and Vitamins**
 - Keep prescribed medicine in original containers, if possible, with legible prescriptions.

(e.g. Pepto Bismo Tablets, Immodium, Anti-Nausea, Antihistamine, etc.)

Important Papers & Money

- **Money Belt**
 - or some type of travel money and document carrier that can be worn under your clothes. It's essential for the peace of mind it brings. You could lose everything except your money belt, and the trip could still go on. Lightweight and low-profile beige is best. We use the ones that attach to your belt and flip over inside your pant or skirt front.
- **Money**
 - Bring your preferred mix of a credit card, debit card, an emergency stash of hard cash. We rely on a debit card for ATM withdrawals, a couple of credit cards, and small amount of cash as a backup.
- **Documents and Photocopies**

Bring copy of your passport and airline ticket. Photocopies can help you get replacements more quickly if the originals are lost or stolen. Carry photocopies separately in your luggage and keep the originals in your money belt or have electronic copies e-mailed to yourself.

Day Trip Bring-Alongs:

- **Small daypack or smaller purse that will go over your shoulder**
 - This is great for carrying anything you want to go outside the bus with such a camera while you leave your large personal bag in the bus. Whatever you leave on the bus is safe. We have never had an issue with valuables left on the bus.
- **Water Bottle**
 - Bring an empty water bottle to refill in airport and for bus.
- **Camera**
 - A digital camera and a high-capacity memory card. A mini-tripod allows you to take crisp shots in low light with no flash. We used our iPhone camera and are satisfied.
- **Wristwatch**
 - A built-in alarm is handy. Otherwise, pack a small *travel alarm clock. **Hotel wake-up calls are unreliable-DO NOT rely on them.** iPhone works well for this as well.
- **Sunglasses**
- **Sealable Plastic Baggies-Ziplocks**
 - Get a variety of sizes. In addition to holding your carry-on liquids, they're ideal for packing leftover picnic food, containing wetness, and bagging potential leaks before they happen. Bring extras for the flight home, as they can be hard to find overseas.

- **Journal / Small Notepad & Pen**
 - This is a nice for jotting notes on travel. An empty book or electronic journal to be filled with the experiences of your trip. It is so nice to go back and review in years to come and to share with others. Wish we had done that last year. A friend of mine did it on first trip and typed up later for us.

Optional Bring-Alongs:

- Snacks. Don't bring too many snacks. You will be provided meals on the flights and breakfast and supper are included on the tour. Nuts and dried fruit are the best.
- Packing cubes or Large Ziplock bags. These see-through, zip-up mesh containers keep your clothes tightly packed and well-organized.
- Bring Spot Remover wipes or sticks. They don't count as a liquid.
- Waterproof flip-flops or Croc style clogs. Nice for showers and house slippers.
- Neck pillow and eye mask.
- Tiny lock. Use it to lock your luggage zippers shut.
- Small flashlight. In case of power outage in hotel. Or use flashlight on smart phone.
- Audible Books or Music. Partners can bring a Y-jack for two sets of earphones. Some travelers use digital recorders to capture sounds, tours, or to record their own journal entries.
- Adapters. Make sure you have an adapter or a converter on your electrical items. You **must switch to 220 V** or you will fry your items. Best to limit electrical items. You will need charger for camera etc. Most of these already have a converter built in but make sure. Also they will need the adapter to plug in. **Type C is used in Israel**. Bring a couple if you have multiple items. These are the same as used in Europe.
- A good paperback or magazines for plane or download on your electronic device to read or listen to.
- Collapsible umbrella. I like one that's small and compact, but still sturdy and well-constructed enough to withstand strong winds.

TIPPING

Tips for guide, driver, waiters, luggage transfer to room **are all included** overall.

- **Optional extra tip** for driver and guide at end of tour.
 - At end of tour an envelope is passed around...totally private...suggested \$10-20 person.
- **Optional Tip:** Sea of Galilee - Boat Operators appreciate a small tip ...they do a great job with the tour...suggested \$1.00-2.00. *Your decision* (US Funds)

SOUVENIRS

For souvenirs many use credit cards. One afternoon we shop in the old city and you use cash...this is the cheapest place to shop and a lot of fun bargaining!

Don't forget to factor into your total budget for the trip any food or snacks in airports you might want while you are travelling.