



March of the Living New England Region Packing List: Guidelines and Suggestions

Luggage: one piece of luggage per person (no more than 62" inches overall) and a backpack. You will be receiving a March of the Living backpack, but you may use one of your choosing. 25" wheeled duffel bags with handles are convenient and sturdy and available at a range of prices. *Remember*, you will have to carry your own luggage!

- One piece of lightweight luggage to be checked (see airline restrictions below).
- Wheel-attached luggage preferred. Do not bring a luggage cart.
- One carry-on bag (your MOL backpack or another) to fit under your seat.
- Clearly tag or mark your luggage and carry-on.

Weather: We will encounter variable weather on the trip. Before departure, check www.weather.com for the ten day forecasts for Krakow, Warsaw, and Jerusalem, then plan accordingly. We recommend you pack clothes you can layer which are adaptable to both Europe and Israel. A warm, but light weight sweatshirt, jacket or vest, in addition to your March of the Living jacket is recommended. Fleece works best. You **must bring your March of the Living jacket** on the trip! **You must bring a baseball cap or other hat with a brim and crown. Hats will be worn at all times while we're outdoors.** Visors, bandanas or other headcoverings are not sufficient.

Carry-on items: Do not take anything that you cannot afford to lose (i.e. expensive cameras, jewelry, etc.). Do not take any knives or items which may appear to be weapons. All liquids must be in containers of 3 ounces or less, and all liquids must fit into a quart-size ziploc bag. **Do not** bring water bottles or hydration packs of any kind (disposable, nalgene, camel backs, etc. You will be provided with bottled water each day).

All of the following should be included in the carry-on luggage:

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| prescription medicines | pens, pencils |
| hat | highlighter, Sharpies |
| undergarments for 2 days | reading material |
| fleece or sweatshirt | some snacks |
| tissues | <i>Siddur</i> and bencher (we'll provide) |
| a small umbrella or rain poncho | <i>kipah, tefillin, tallit</i> |
| sunscreen (SPF 30 or higher) | money – cash only (up to \$100) |
| extra glasses or contacts | credit cards or travelers debit card |
| journal | (optional) |

In your suitcase: Appropriate and modest dress is required at all times. We will be traveling with clergy, adults, survivors, not to mention a multi-denominational group. Therefore, the following guidelines apply at all times, *so please read carefully:*

Girls:

- No tank tops or spaghetti strap tops--cap sleeves required, as a minimum
- Midriff (front and back) must be covered at all times, sitting or standing
- No low cut shirts, short skirts, i.e., "mini skirts," or short shorts
- Bathing suits must be one-piece, or two-piece "tankini"--boy shorts bottoms preferred.
- No bra/string bikinis**
- Shabbat* services and *Kotel*: sleeved blouses (at least $\frac{3}{4}$ length), skirts or dresses (must cover your knees—sitting or standing), head cover (for married women)
- At least two white shirts (plain t-shirts or MOL t-shirts are fine, but no other graphic tees, for *Yom Ha'Zikaron* in Israel)

Boys:

- No tank tops
- Wearing a belt is strongly recommended—undergarments should be covered at all times
- Bathing suits must provide full coverage and fit without falling down
- Shabbat* services: long-sleeved, collared shirt, 1 pair of khakis (not jeans), tie (optional)
- At least two white shirts (plain t-shirts or MOL t-shirts are fine, but no other graphic tees, for *Yom Ha'Zikaron* in Israel)

Clothing: Wash and wear clothing is advised. There are no dry cleaning or laundry facilities. Check the weather forecasts online before you pack.

- 1 sweatshirt or fleece—extra if you are easily chilled
- 1 pair comfortable, well broken-in, rugged shoes
- 1 pair of shoes you can get wet (Tevas, Crocs with strap, or a rubber sandal with ankle strap is great, flip-flops are not)

Miscellaneous:

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| travel size toiletries | travel size laundry detergent |
| feminine hygiene products | Ziploc bags (gallon size and one jumbo recommended for wet clothes) |
| bath towel, hand towel, wash cloth | travel size Charmin |
| soap in container | wet wipes |
| tissues | |
| hand sanitizer | |

Food: The program provides 3 Kosher meals per day. We recommend bringing some food for snacks or as lunch supplements. Suggested items:

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| packaged, dried fruit and nuts | fruit roll-ups |
| granola/nutrition bars | tuna - flip-top cans or pouches |
| peanut butter (plastic jar) | plastic utensils (in suitcase) |
| miniature packaged cakes, cookies | candy, gum |
| crackers | |

We recommend bringing a dairy lunch on the day of departure. We will be on the buses to the airport during lunch time.

Electronics: Students may **NOT** bring: cell phone, pda, pager, or laptop. There are NO exceptions to this policy. You may bring a personal music player, but the use of iPods, etc., will be restricted. Think carefully about what camera to bring. Participants lose cameras on every trip. Film cameras: keep in mind that some people use 8-10 rolls of film, and that Polish film cannot be processed in the US. Digital Cameras: Have more memory card capacity than you think you need. Remember higher resolution photos use more memory per picture. Participants are strongly discouraged from bringing video cameras.

If you have electric appliances, component chargers, or rechargeable batteries, determine whether you need plug adapters only or a voltage converter. Check the plug or base for the device in question. If variable voltage is indicated (120V-240V), you need a plug adapter only. If the voltage is fixed (120V), you will need a converter. Plugs and current voltage are the same in Poland and Israel--you'll need adapters/converters for Europe.

Currency Exchange: participants will not need currency in Poland. We **strongly encourage** participants to purchase Shekels through their home banks before departure. We will **not** schedule time for the whole group to exchange currency in Israel.

* El Al baggage requirements: Up to 44 lbs. Fee for overweight bags may exceed to \$100 each way. Sum of the three dimensions of the bag (length + width + height/depth) not to exceed 62".