

## Equipment List

\*\*\*\* The equipment should be packed in a suitcase of up to 20 kg + a trolley bag of 8 kg – no more than that!

(Please include a small backpack for trips, inside the trolley or suitcase)

### Documents and General Equipment

- Passport - Ensure the passport is valid for six months from the return date (make a copy of the passport and keep it on the phone or give it to a spouse/partner).
- Cash - Recommended 100 euros per couple, in principle, it is possible to pay with a credit card everywhere, just do not forget to come with the password. (Those who want to buy leather products in Tuscany at the leather market, it is recommended to bring more).
- Medical Insurance - Take care of it immediately for those who have not yet done so. It is recommended to add coronavirus insurance. No need for extreme sports coverage.

### Clothing and Footwear

The weather varies between destinations and different dates. On most trips, the weather is unstable, so I recommend the 'onion method' - start in the morning with a shirt, sweater, scarf, and coat, and during the day, remove layers as you feel necessary. Comfortable walking shoes with non-slip soles

- Sandals/Crocs/flip-flops for evening hours at the hotel (also for the pool for those who manage to swim)
- Long pants – at least 2 pairs, and one pair of shorts possible.
- Short and comfortable shirts for during the day, light long-sleeved shirts for the evening
- Sweater/jacket/coat
- Underwear, socks (always recommended - cotton)
- Pajamas
- For women - tights or stockings, one thick, one thin.
- Clothes for Shabbat - desirable, of course not mandatory.
- Sun hat - there is strong radiation
- Warm fleece hat for windy conditions in high places (winter - gloves and a scarf in addition)
- Swimwear
- Personal towel for women with dyed hair, so as not to stain the hotel towels
- Toiletry bag - toothbrushes, toothpaste, creams, shaving, deodorant, wipes, and tissue

### Additional Information and Equipment

- WiFi - will be available at the hotel
- SIM card for phone - you can purchase a local SIM at the airport.
- You can also purchase a global SIM, which allows you to use as much as you need and not according to a package - explanation available from me.
- Portable charger (battery) - please bring one in case you need it during the day.
- Charger for phone (check according to the destination which plugs are available and if an adapter is needed)
- Water - it is safe to drink tap water everywhere, so bring a reusable bottle.

- Food containers - please bring reusable food containers, medium-sized, to fill with vegetables, sandwiches, and whatever you choose for lunch.
- Sunglasses, reading glasses, small binoculars if possible.
- Sunscreen - important - there is strong radiation
- Handkerchief
- Hand sanitizer - mandatory (to maintain good hygiene)
- Backpack for trips - doesn't need to be big, but necessary for water, sunscreen, personal equipment.
- Walking stick/chair - check according to the destination and personal need.
- Umbrella - at least one per couple.
- Camera + charger for battery or a spare battery
- Bedside night light optional for Shabbat.
- Siddur for Shabbat

#### Recommended Medications for the Trip:

- Reading Glasses / Contact Lenses
- Prescription Medications (obtain a prescription from a family doctor):
  - Antibiotic: Moxypen, 20 tablets
- Over-the-Counter Medications:
  - Personal medications
  - Basic first aid supplies: band-aids, bandages, iodine, etc.
  - Sopot for diarrhea
  - Glycerin suppositories or Microlax for constipation
  - Throat lozenges
  - Dexamol Sinus for nasal congestion
  - Fever and pain reducers such as Acamol, Optalgin, Neurufen
  - Merfen spray for wound disinfection
  - Allergy relief pills
  - Eye drops for dryness and disinfection (recommend Bepanthen)
  - Muscle or neck pain relief cream: Voltaren, Ben Gay, Arnica

**\*\*Please consider personal health conditions and use medications accordingly.**

**\*\*This list is provided by Sarah Rosenzweig, pharmacist.**

#### Tips

All the staff, including chefs, kitchen assistants, and porters - all the locals, receive tips from the company 'Authentic Kosher Experience'. These tips are included in the cost of the trip, so it is recommended to prepare a small token of appreciation, a cheap Israeli gift, in case you want to acknowledge someone from the local staff.

(There will be a total of about 5 regular staff members)

Tips for Israeli guides are usually around \$4-5 per person per day, of course, it's not mandatory and is subject to your discretion.

Tips for Israeli cooks are usually around \$3-4 per person per day, at your discretion, of course.

#### Social Activities:

1. Please bring a gift for a group member - a wrapped gift worth up to 20 shekels, symbolic only.
2. Send me two songs: a song you love. If there's a special performance, send a YouTube link. And another song that reminds you of a beloved period.

#### **Important to know in addition:**

- The list is general, it should be adapted to the destination and date of the trip.
- Be careful not to place suitcases/shoes on the beds.
- In some destinations, you can get paid laundry services on-site.
- In carry-on luggage for the plane: liquid and gel products up to 100 ml.
- Laptops and batteries in the small bag, not in the plane's belly!
- Make sure to have some essential items to put in the suitcase going in the plane.
- It is recommended to travel in large cities: internal belt/pouch for money and passports.