



PACKING LIST & TRIP SUGGESTIONS

PLEASE NOTE:

1. PARTICIPANTS MUST BE ABLE TO CARRY THEIR OWN LUGGAGE. KEEP THIS IN MIND WHEN PACKING.
2. THE MARCH OF THE LIVING AND ITS AFFILIATES BEAR NO RESPONSIBILITY FOR LUGGAGE OR PERSONAL EFFECTS OF THE PARTICIPANT. PLEASE MAKE SURE YOUR OWN INSURANCE COVERS THIS. (I.E. HOMEOWNERS INSURANCE).
3. YOU WILL HAVE A LAYOVER IN A U.S. AIRPORT PRIOR TO FLYING TO POLAND AND UPON RETURN FROM ISRAEL. FOOD DURING THESE LAYOVERS IS NOT PROVIDED. PLEASE PLAN ACCORDINGLY.

Baggage Weight Limit:

50lbs. If your luggage weighs too much, you will be responsible for paying for the extra weight.

Each participant is allotted one piece of checked lightweight luggage (should not exceed 26", wheeled is highly recommended) and one car carry-on bag (must be able to fit under your seat).

Note about medications: Make sure you bring extra just in case. If you are prone to certain type of infections (ie: ear infection, sinus infection, etc.), please consult your physician for the appropriate antibiotic/medication. If your physician is willing, he may perhaps give you a prescription just in case (fill the prescription prior to the trip). Keep in mind, we will have 24 hour access to physicians and if needed prescribed medications. If your teen has a need to see a physician and/or take medications, we will notify you prior to starting any new medications. Same applies to over the counter analgesic medications such as acetaminophen and ibuprofen and hay fever medications such as Loratadine, Sudafed, etc.

Weather:

We will be traveling through two weather changes on the trip. Poland will still be emerging from winter into spring, and often has bone-chilling rain and sometimes snow; Israel can be like summer with only a chance of rain. Take clothing that can be worn in layers that are adaptable to both Europe and Israel. Keep in mind, 55 degrees in U.S. is not the same as it is in Poland. You are used to going from your garage to the car, to a parking lot, to a building. In Poland, you will be outside, standing outside in the rain and wind for many hours is common, plan accordingly.

Leave space in your bag: During the trip you will be receiving additional items, t-shirts, hats, sweatshirts, and other MOTL branded materials. You will want space in your luggage to get them home.

Carry-On Items:

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

- Prescription medicines (along with generic medications)
- Change of clothing (including warm clothes for the first day in Poland). We arrive in Poland in the morning and you may not be able to access your suitcase until the first evening after arrival at the hotel
- Tissues, perhaps a number of mini packages. Toilet seat covers, toilet paper (travel versions can be purchased at Target, CVS, REI, etc.) [Click here to see sample of travel toilet paper](#)

- Rain gear, appropriate shoes for a full day of walking in Poland
- Extra eyeglasses or contact lenses
- Money, credit cards, money belt
- Passport
- Small light---weight flashlight and batteries
- Camera
- Men – mandatory to bring a kippah, other religious articles are optional

Clothing:

There are no laundry or ironing services available during the trip. Keep that in mind when selecting clothing attire:

- Warm sweaters (2) or 1 fleece. 1 heavy, 1 light, extra if you chill easily
- Comfortable, rugged clothing
- Comfortable, well broken in rugged shoes. Sneakers should be waterproof. Tennis shoes are not appropriate in Poland as we are often walking in the rain and mud.
- Gloves, hat, scarf for winter temperatures
- 2 appropriate outfits for Shabbat services:
 - o Girls: shirts, skirts, dresses (no sleeveless shirts, skirts and dresses need to be below the knee)
 - o Boys: 1 shirt dress, 1 pair of slacks (not jeans)
- Water shoes (for hiking in streams with rocks), must be closed toe, these are in addition to flip flops ([sample water shoes](#))
- Flip flops for the beach
- Plain white shirt for Erev Yom HaZikaron (Israel's Memorial Day)
- Girls – all skirt lengths must be below the knee for religious site visits and Shabbat

Toiletries:

- Personal items and toiletries (travel size) including tooth brush, toothpaste, shampoo/conditioner, body wash, etc. Recommend 2 in 1 shampoo/conditioner to save space and weight.
- Contact lens users – bring an extra set, extra lens solution, just in case a pair of glasses
- Hair dryer/flat iron/hair curler – remember these take a lot of space and weight, bring only if you must!

Miscellaneous:

- Extra plastic bags (for clothing that may get wet)
- Empty Ziploc bags
- Travel alarm
- Small towel ([sample towels](#))
- Sunglasses
- Travel umbrella
- Journal – you may pack a personal journal if you like. Keep in mind, you will receive a memory book on the first day of the trip, it has blank pages for journal writing.
- Heating pads for under clothes ([sample](#))

Optional:

- Travel siddur
- Video camera
- Cell phone – permitted but with restricted use
- iPod – permitted but with restricted use
- Paperback book
- An empty, collapsible bag – if you plan to shop abroad for gifts, you may bring an extra bag to get them home. If you need to check an extra bag, there may be a fee associated with this.

Food: The program provides 3 kosher meals per day. Reminder: The March cannot guarantee “special diets.” Primarily for lunch supplement and snacks in Poland (take some in your carry---on). None of these is required. No non---kosher meat items please.

- Packaged fruit (raisins, dates, nuts, etc.)
- Fruit roll---ups or similar
- Granola bars/energy bars
- Peanut butter (plastic jar)
- Miniature packaged cakes, cookies, crackers
- Candy, gum

Do Not Bring:

- Laptop computer
- IPad or other personal tablets
- Schoolwork – our itinerary is very busy and our days are very long. You will not have time or energy to read textbooks or do any homework.
- Valuables – you are responsible for all your belongings, please leave your most treasured valuables at home.