

SUGGESTED PACKING LIST

First and foremost, bring your sense of humor, team spirit and an open mind.

We suggest you bring the following:

1. 1 towel
2. Personal toilet articles: comb, brush, soap, shampoo, etc.
3. Heavy sweat or sport socks to wear with work boots
4. Bathing suit
5. Warm clothing, raincoat and liner during cold months (Oct. through April)
6. Closed work shoes
7. Shower clogs/water shoes
8. Sunglasses, sun hat, sunscreen
9. Sweater or jacket or sweatshirt
10. Underwear and socks
11. An extra pair of eyeglasses
12. Copies of prescriptions in generic terms for any medication you take
13. Extra batteries for camera
14. Small overnight bag or backpack or small case on wheels (for weekends)
15. 3 Copies of your application documents, including Medical Form, Waiver, your health and accident insurance card or policy, and your passport photo page.
- 16.. Sheet, pillow and pillowcase, they are sometimes not supplied by the army.

OPTIONAL

1. Insect repellent in warm weather
2. Scotch tape/masking tape
3. Individual coffee/tea bags/ hot chocolate
4. Nail brush
5. Moleskin (moleform) for blisters, corns, etc.
6. Work gloves (some work areas provide them)
7. Small plastic cup
8. Small plastic stick-up hooks

09. Playing cards/small travel games
10. Zip lock plastic bags (different sizes)
11. Money belt
12. Flashlight
13. Small hand mirror
14. Clothesline, clothespins
15. Combination lock

CLOTHES – Laundry is done by hand on the base. You can use laundromats on weekends.

1. Casual clothes can be worn after daily work period.
2. For synagogue: Shirts and slacks for men, skirts, blouses or dress for women
3. Good walking shoes
4. Do not bring a lot of clothes – you'll be carrying your suitcases!

MISCELLANEOUS

1. All Australian electric appliances will work in Israel. Buy plug adapters for Israeli outlets.
2. Cameras are permitted. **DO NOT PHOTOGRAPH** any army equipment (due to security regulations). You must get permission to photograph anything on bases or risk confiscation.
3. Bring only such jewelry as you will wear at all times.
4. ATM card is recommended. Fees for traveller's cheques vary, but could be as much as \$2.50 per cheque (even for small denominations), and they are not accepted everywhere.