

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. Warm clothing, raincoat and liner during cold months (Oct. through April)
4. Closed work shoes
5. Shower clogs/water shoes
6. Sunglasses, sun hat, sunscreen
7. Sweater or jacket or sweatshirt
8. Underwear and socks
9. An extra pair of eyeglasses
10. Copies of prescriptions in generic terms for any medication you take
11. Extra batteries for camera
12. Small overnight bag or backpack or small case on wheels (for weekends)
13. 3 Copies of your application documents, including Medical Form, Waiver, your health and accident insurance card or policy, and your passport photo page.
14. Sheet, pillow and pillowcase, they are sometimes not supplied by the army.
15. Insect repellent in warm weather
16. Scotch tape/masking tape
17. Individual coffee/tea bags/ hot chocolate
18. Nail brush
19. Moleskin (moleform) for blisters, corns, etc.
20. Work gloves (some work areas provide them)
21. Small plastic cup
22. Small plastic stick-up hooks
23. Phone charger cord + Israeli plug
24. Ear plugs
25. Money belt
26. Flashlight

27. Small hand mirror
28. Clothesline, clothespins
29. 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.
5. SIM card with unique Israeli phone no. can be bought online or from stores in Israel.