

Walking the Text in the Promised Land

- SUGGESTED PACKING LIST -

CLOTHING

- Wide-brimmed hat is a must!
 - North Face, Outdoor Research and other hiking outfitters make great wide-brimmed hats. A more expensive brand, but arguably the best hiking hats are Tilley.
- Lightweight, hiking, moisture wicking or knit shirts that dry quickly (tank tops and sleeveless shirts/blouses are not acceptable)
- Lightweight long-sleeved hiking shirts if you are sun sensitive or prefer more coverage
- Lightweight fabric shorts/pants which dry quickly (i.e. Nylon, hiking type)
- One pair of pants with zip on/off legs would be helpful for easy transition when legs must be covered
- Swimming suit (one piece or tankini preferable for women)
- Mid-calf lightweight elastic waist skirt, lightweight jumper or large cotton scarf to wrap around shorts
- Moisture wicking hiking socks are highly recommended
 - Recommend Smart Wool or something similar. Cotton is more susceptible to fostering blisters.
- Aggressive hiking boots or hiking shoes that have great ankle support – ***break in extremely well***
 - Please refer to the “Happy Feet” section of your “Welcome Letter” for specific information on the kind of boot or shoe you should bring
- You may want to bring a pair of mesh water shoes or Teva type shoes for one of our activities (you can bring an old pair of tennis shoes that you can dispose of when they are no longer needed)
- Sandals or comfortable casual shoes
- 1-2 casual outfits for dinner (if desired ... dinner is most often eating in hiking clothes)
- A lightweight fleece or sweatshirt may be desirable for the plane ride, cool mornings, and/or lounging in the evenings

SUPPLIES

- Passport ... Passport ... Passport
- Durable Sunglasses (with a neck cord) are a must!
- Hiking hip packs with water bottles (supplied by GTI) or Camelbacks
 - If you have a hip back or backpack that you would rather use, that's great. I would recommend using hip packs over backpacks as backpacks heat up your back and cause you to be hotter. However, a small camelback can be used in addition to hip packs for longer hikes where more water is essential.
- 1-2 additional 32 oz. water bottles in the event you lose or break one and for hikes where you'll need more than two bottles (recommend Nalgene)
- Bible (a small NIV is supplied by GTI but please bring the Bible of your choice)
- Study Guide (supplied by GTI)
- Small Notebook for taking notes and journal recordings (recommend Moleskin notebooks)
- Pens and highlighters (a pen w/ grip is helpful as sweating makes it hard to hold)
- Flashlight or head lamp (please keep in your hip pack at all times)
- Powdered Gatorade, Propel, or something similar for Electrolyte replenishment
 - I generally have at least one 32 oz. bottle of Gatorade (or something similar) with me at all times
- Snacks are a must as lunch can come later in the day
 - Granola bars, protein bars, nuts, trail mix, dried fruit, crackers, beef jerky, candy bars (Paydays work well) – no chocolate as it melts
- Quasi-medical gel packets for heat exhaustion or fatigue
 - Includes electrolyte jelly beans, GU, etc. and can be obtained at Running/Sporting stores
- Small and large ziplock bags for snacks, collectibles (write on the bag what it is and where found), and packing out trash during the day
- Imodium-d, aspirin w/ ibuprofen, diuretics, fiber pills, etc.
- Melatonin or Tylenol PM to help regulate sleeping patterns
 - Please drink a ton of water on the flights as this will significantly decrease jet lag
- Moleskin or Spenco Blister Kit for blisters (you'll need small scissors as well)
- Foot powder and/or Athlete's foot cream (such as Tinactin)
- Neosporin and band aids (we'll have a medical kit, but it would be good to have some in hip pack)

- For women, bring a supply of feminine hygiene products
- If you are prone to chaffing, please bring anti-chafe balm (recommend Body Glide)
- Record of any important medical allergies, medicines, immunizations, insurance, etc.
- Lots of tissue packs (1-2 per day) – many of the bathrooms and trees don't supply toilet paper
- Hand sanitizer (small bottles are recommended)
- Packs of disposable cloths (Wet Ones) may come in handy but are not necessary
- Sunscreen (the sport kinds are best as they are generally sweat proof) & Chapstick w/ SPF
- Small plastic bottle of dish soap in a zip lock bag is helpful if you need to wash out water bottles
- Small plastic bottle of laundry soap (Woolite works well) in a zip lock bag is useful if you plan on washing clothes (which will be done in your rooms – in showers or sinks)
- Plastic hangers are helpful for hanging hand-washed clothes in hotel bathrooms/rooms
- Digital Cameras with extra batteries and memory cards
 - If you use a camera that has film, plan on bringing at least 15-20 rolls and a lead-lined film bag for film protection at airport security
- Electrical adapter (220 voltage, 2 or 3 prong European type)
 - Most electrical gadgets and chargers have a built-in converter, which means you will only need an adapter. However, if they don't you will also need a converter.
- Loofa / mesh sponge or wash cloths come in handy for showers as most hotels don't provide them
- Inflatable pillow (supplied by GTI) for use on the plane or bus
- Black travel tote bag (supplied by GTI) is great to use on the bus for holding snacks, Gatorade powder, extra pair of socks, money, etc.
- Small bills (singles and fives) can be kept on the bus (totally safe)
 - The price for the trip is all-inclusive. You don't have to spend an additional dollar if you don't wish. However, if you plan on purchasing souvenirs or desire to have pop at evening meals, please bring additional cash (credit cards are accepted at souvenir stores).

ADDITIONAL PERTINENT INFORMATION & TIPS

- Email & TV
 - There will be times when you will have access to email. It will be at the end of the day and you will be really tired, so you may not want to go through the hassle of getting online. If you do, I highly recommend using email only for the purpose of communicating with friends and family about the trip. Please don't spend time checking your email or surfing the internet just for fun.
 - There will be TVs in many of the hotels. I would highly recommend leaving the TVs off. Spend that time thinking, journaling, praying, reading your Bible or decompressing the day with a friend.
- Phones & Phone Cards
 - You will need to check with your cell phone carrier to see if you have international capabilities.
 - There are companies in the US that allow you to rent international cell phones (they are pricey).
 - Phone cards purchased in the US have about a 50% chance of working in Israel.
 - It is my recommendation that you purchase phone cards in Israel. They are cheaper (\$10-\$20) and they will work. My Israel Assistant will purchase them on your behalf within the first two days of the trip and you can simply reimburse him for the expense.
- Photocopies of Passport
 - You should have already submitted a copy of your passport to GTI. In addition, you need to make two more photocopies of your passport. Keep one in your checked luggage and give the other one to someone else to carry for you throughout the duration of the trip.
- Cross pack an outfit with one other person.
- Be ready to hike *immediately* upon arrival in Israel. Make sure you have your hiking shoes and your gear in your carry-on.
- Please refer to your "Welcome Letter" which includes "What You Need To Know" as well the Trip Brochure for all other pertinent information about the trip and what to expect.

Don't Forget Your PASSPORT!!!