

CVK Israel 2025 Packing List - Be Prepared, Pack Light!

This list is to help you pack for your amazing 25 days in Israel.

Remember, laundry service is available on weekends with the host families.

Focus on bringing comfortable, easy-to-mix-and-match clothing suitable for warm weather.

Luggage:

- One duffel bag on wheels or medium size suitcase is recommended.
- Pack light - you'll carry it yourself throughout the trip.
- Airline restrictions apply - check weight and size limits.
- Domestic flights may charge extra for additional checked bags.
- Carry-on bag to travel with.

Must-Haves:

- Medications & toiletries in a separate bag
- Photocopy of passport (ID for excursions)
- Double supply of prescription medication
- Extra pair of prescription glasses (and a copy of prescription)
- Cell phone and charger
- International power adapter

Clothing (10-14 days):

- 10-15 T-shirts (no tank tops allowed)
- 10 pairs of shorts
- 3 pairs of jeans/long pants
- 2 long-sleeve shirts
- 2 light sweaters/sweatshirts
- 3 pajamas
- Underwear & socks (enough for 2 weeks)
- 3 bathing suits
- Shabbat outfit (nice white shirt & dress clothes)
- Special activity outfit (fun & comfortable)
- Modest clothing for religious sites (long skirts & sleeved shirts for girls, button-down shirts & kippah for boys)

Shoes:

- Sturdy hiking shoes
- Running shoes
- Water shoes/hiking sandals (Teva brand recommended)
- Flip-flops (no Crocs)
- Nice shoes for Shabbat

Other Essentials:

- 2 towels
- Toiletries (sunscreen, insect repellent, etc.)
- Feminine hygiene products (enough for the trip)
- Extra glasses/contact lens solution (if applicable)
- Laundry bag
- Lightweight sleeping bag (for 1 night) or set of sheets
- Hat (provided, but feel free to bring one you love)

Money:

- Cash (minimal amount)
- Credit card (Visa/MasterCard most accepted)
- ATM/Debit card (check with your bank for overseas use)

Optional Items:

- Camera
- Watch
- Moisturizer/Aloe Vera
- Lip balm
- Clipper

Electrical Note:

- Israel uses 220V AC electricity (vs. 110V in the US). Consider a voltage converter if needed.

We look forward to an amazing CVK 2025 trip with you!