

# What Do I Pack?

The chances are very good that you will be flying to Israel, so there may be special rules about how many bags you can take, and what you can and can't pack. It's very important to be obedient to these rules so you don't have to spend a lot of time at the airport's security check point.

A good rule of thumb is to have one carry-on bag (that's a bag that's small enough to carry onto the plane) and one checked bag (that's a bigger bag that will go in the plane's luggage hold). Things you'll need on the plane should go in your carry-on bag. You will not be able to get at your checked bag during the flight.

Backpacks are great as carry-on bags because you can carry them on your back while carrying or pulling your bigger bag. When you get to Israel, your backpack can also be your day bag so you can have all the things you need during the day right with you. By being responsible for your things, you'll know you have exactly what you need.



## Here are some good things to put in your carry-on bag:

- One complete change of clothing.
- A coat appropriate to the season. For winter Pilgrimages, bring rain gear.
- Little toiletries (your parents will check with your airport about limits on liquids).  
Squeeze the air out of bottles of liquids.

- Water bottle (you will need to empty it to go through security, but you can fill it again later, either in the airport or on the plane).
- A “lovey” or other small toy (stuffed animal, small car, etc.)
- Books, paper, colored pencils, etc.
- Music player (if allowed by your parents).
- Any other things you and your parents agree on.



**Here are some good things to put in your checked bag:**

- A piece of paper with your name, the hotel you’ll be staying at in Israel, the dates you will be in Israel and your home address (in case the bag gets lost).
- Five to ten easy-to-wash shirts.
- Two or three pair of easy-to-wash pants, skirts or long shorts.
- Five to ten pairs of underwear, socks, etc.
- Long underwear and a couple of sweaters if you’re going in winter.
- Swim wear, if your hotel has a pool, or if you plan to visit the beach in summer.
- Slippers; you’ll have to take off your shoes to enter some of the Holy Sites. The floors can be cold, and you may not want to walk around in socks or bare feet.
- Big toiletries. Squeeze the air out of bottles of liquids.
- A nice outfit for the last evening.

- A prayer book, prayer beads, inspirational photo.
- Good walking shoes. Seriously. You will be walking a lot, and using stairs that go up steep hills.

### **Things for parents to carry:**

- Passports and Pilgrimage papers.
- Bahá'í IDs for those over 15.
- Medication, anti-nausea pills if needed.
- Gum. Chewing gum can help you “un-pop” your ears when the plane is taking off and landing.
- Some laundry soap so you can hand wash clothes at the hotel.
- A watch. Punctuality is important so you don't miss any of your day trips.
- Camera, film/discs, batteries.
- Money. Credit/debit cards. ATM card (memorize your PIN as numbers, not as letters).

### **The Day Pack**

When you are in Israel, you will need to have some things with you each day. Backpacks are great for carrying what you need.



### **Kids can carry:**

- Water bottle, filled.
- Snacks, lunch.

- Tissues.
- Prayer book, prayer beads, inspirational photo.
- Slippers.
- Rain gear (mostly for winter).

### **Parents should carry:**

- Medication.
- Watch.
- Money. Credit/debit cards. ATM card (memorize your PIN as numbers, not as letters).
- Camera, film/discs, batteries.

