

ISRAEL-JORDAN HIKING STUDY TRIP

PACKING LIST AND SUGGESTIONS

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CLOTHING:

- Pack light! One checked bag up to 44 lbs, MAX, plus a small carry-on (GTI will send a small carry-on bag)
Note: There will not be room on the buses in Israel for more than one checked bag per person.)
- **Stiff-sole hiking boots** with good ankle support mandatory - **break them in well !!**
(I like Garmont Synchro GTX from REI, but Asolo and other brands have a similar quality boot)
- Hiking socks that “wick away” moisture (lightweight Smart Wool or similar)
- Several pair of hiking shorts (that’s what you’ll wear every day)
- One pair of lightweight long pants (or a long skirt for the women, if they prefer)
(I highly recommend zip-off pants, since we’ll need to change into them quickly at a couple sites)
- Plenty of lightweight T-shirts – **sleeveless and tank tops are not acceptable**
(Also, women need to avoid shirts that would be “see through” when wet.)
- Extra shoes for hiking in water (Teva or old tennis shoes – **but not flip-flops**)
- Bathing suit or clothes to swim in (you’ll want to swim in the Dead Sea and the Sea of Galilee)
- Hat – mandatory
(I know it messes up the hair, but it helps prevent sun-stroke)
- Lightweight jacket (just in case it gets cool at night)
- Sunglasses with neck cord
- Headband, sweat-band or cotton scarf (optional)
- Sandals or comfortable casual shoes (optional)
- No need for dress-up clothes - dinner is normally eaten in hiking clothes

OTHER SUPPLIES:

- Tour Bible (from GTI)
- Fanny pack with water bottles (from GTI), or your favorite day-pack
(You’ll sometimes need to carry ~3 quarts of water as you hike)
- Odor-eater foot powder (to keep your shoes from smelling up the bus)
- Small container of laundry soap (there will be one place where you can do laundry, if there is time)
- Ziploc bags for snacks, collectibles and for disposing of personal items
(In backpacking terms, “pack it in, pack it out”)
- Black sharpie marker for labeling “rocks of remembrance” you collect
- For women: panty liners and personal hygiene products (you won’t have time to buy supplies on the trip)
- Tissue packs or backpacker’s toilet paper rolls (you’ll use these often!)
- Snacks: granola bars, trail mix, beef jerky, pay-days, crackers, any treats that won’t melt
(Lunch is often not eaten until about 2 PM)
- Electrolyte gel or powder, powdered Gatorade, or sports drink mixes to add to your water
- Medications: Ibuprofen, antibiotic ointment, band-aids
Melatonin, Ambien, or Tylenol PM to help regulate sleep patterns
Motion sickness pills if needed for bus rides
Pack any prescription meds in original container(s).
- Tums or Pepto Bismal for upset stomach
- Imodium for diarrhea
(Nothing worse than uncontrollable diarrhea on the trail)
- “Moleskin” to prevent blisters – this is highly recommended
- Special blister bandaids Hydroscelle moisture seal in case you get blisters
- Flashlight with strong light and extra batteries (LED waterproof flashlights are best)
- Electrical adapter (they use 220 volts, with 2 round prongs)
- Highlighters/ pens (a pen w/ grip may be helpful - sweating makes it hard to hold)
- Camera with plenty of memory and extra batteries (or charger that works on 220V)
- Disposal waterproof camera for one or two sites (optional)
- Sunscreen (waterproof, high blockage)
- Small but loud travel alarm clock (sometimes the hotel wake-up calls don’t happen as requested)
- Packs of disposable wipes (Wet Ones) or hand-wash gel to clean hands before eating
- Credit card and/or cash for any purchases. (Do not bring travelers checks.)
- Photocopies of your passport for your suitcase, carry-on, and fanny-pack
- Phone cards don’t work well, so don’t

PASSPORT

- You'll need a current passport (no immunizations are required, and no visas needed for US citizens)
- **MAKE SURE** your passport is **valid for at least 6 months beyond the date of the trip!!**
(If not, they won't let you on the plane!)

TIPS FOR THE TRIP:

- Contact your credit card company to inform them you are traveling overseas
(so they won't put a hold on your card the first time you use it!)
- Contact the Post Office to hold your mail while you're gone
- Prior to trip, train for strenuous climbing by stair-stepping & doing lunges – cardio training VERY important
Do aggressive walking/hiking & stair climbing in your boots
- I take a pair of socks, underwear, and T-shirt for each day, then I never have to do laundry ☺
- Drink a *lot* of water on warm days!
- Apply #50 sun screen frequently
- Wear your hiking boots every day
- To hand wash clothes, wring out excess water in a towel then hang in room to dry
- Organize clothes and waist pack supplies each evening before bedtime
- Keep toilet paper or tissues in your pocket for emergency pit stops
- Don't plan on getting email or voice messages.
(Some hotels will have internet access you can pay for, but you may not have time to use it.)
- Don't plan on US phone cards working.
- Leave the gadgets at home (let's try it without the IPOD, cellphone, computer, GPS...)
- Read your Bible and pray DAILY in preparation for this trip!
- Ask 4 people to pray for you every day while you're on the trip.

Don't forget your Passport!!