



MVCF Israel 2008 Mission Suggestions for Travel

Bring about 100 one-dollar bills: Many items at the tourist sites cost \$1.00 (the best water, post cards and other small items). If you plan on **purchasing gifts** we suggest you charge these items on your credit card as you get a better exchange rate.

To protect your film: We suggest purchasing a film protector. In the past, travelers have had their film marred or ruined by the x-ray machines at the airports.

Passports: Your passport must not expire for at least six months after the date you arrive in Israel.

Luggage: Limit your luggage to one suitcase and one carry-on. There is limited luggage space on the tour bus. You will be provided two luggage tags that must be attached to the handles of your luggage before you check your luggage in the US. This insures your luggage will be handled with our group and speeds up customs by identifying you as part of a tour group.

In the last few years luggage rules have been fluctuating. To **avoid additional charges** and inconvenience, please **check with the airline for luggage rules and restrictions** regarding your check-in and your carry-on items

You may want to carry on a backpack or small suitcase with a change of clothes, toiletries, make-up, and daily medications in the unlikely event your luggage gets lost.

Fanny Packs/Back Packs: We find it convenient to use fanny packs or back packs to carry camera, film, wallet, pen, sunscreen, journal, and light travel Bible. A backpack is a great place to carry a skirt or jacket when needing to conform to dress codes.

Guides and Bus Drivers: Tips are included in the cost of your trip but you are welcome to give an additional gratuity.

Laundry: Laundry and dry cleaning are available in the hotels. The cost is similar to large hotels in the US. You can pay your bill on departure by cash or credit card.

Sleep Aids: We suggest: a head and neck pillow (to allow you to sleep sitting up without your head falling from side to side), sleeping shades (cloth or satin glasses to block the light), and ear plugs.

Extras To Bring: Sun glasses, an extra pair of prescription glasses, binoculars, and prescription medicines (with original prescription and generic name for drug). These items are available but are generally time consuming and may require you to miss a day of sightseeing. Camera batteries and film are less expensive in the US.

Electricity: Electricity in Israel is 220volts/50 cycles. You will need to purchase a converter for shavers, blow-dryer, etc. These are usually available at any Radio Shack, Target, WalMart, and KMart. NOTE: Most hotels provide blow-dryers

Clothing:

In Flight - Remember this is a long flight so comfort is vital. Loose clothing and slippers are great for the flight (feet sometimes swell while flying).

In Israel - Comfort before fashion is the key. And **modesty at all times**. Layered clothing works best. You may need a light jacket early in the day and short sleeves and shorts in the afternoon. Then a light jacket, sweater, long pants at night. If you are sensitive to the sun, make sure you bring a hat (or buy one in Israel). There is always a chance of rain, so consider bringing an umbrella or raincoat/poncho. Shoes should be very comfortable walking shoes. For the evening we suggest another pair of shoes or sandals, to let your feet rest from the walking shoes. Men don't need coats and ties. **Women's bathing suites must be very modest (preferably one piece) Women must cover their shoulders and knees for Holy sites like Capernaum and Temple Mount. Leggings or tight-fitting stretch pants are not allowed on the Holy sites unless a skirt covers knees. Men must cover their knees as well at Holy Sites.**

Phone Calls: Direct calls to the US are simple when using a calling card (purchased in Israel) and a pay phone. You can call using the hotel system but they are very expensive. The best time to call is at night in Israel, which is early morning and the same day in the US. The time difference is ten hours for the West Coast.