
Packing

What should I bring to AMHSI?

This packing list is a good guideline as to what should be packed for your stay at AMHSI.

1. Some tips for electrical appliances

The electricity in Israel is 220 volts (*110 in the USA*) which means if you want to use electrical appliances such as hairdryers, shavers, flat irons, etc. you will need to pack a converter as well as an adapter. **Note:** not all hairdryers or flat irons will work in Israel, and to be safe, you can purchase an inexpensive dual voltage hair dryer/flat iron that is also designed for 220 volts.

2. Should I bring my musical instruments?

The campus has a music room which is available for use by AMHSI students. The room has various musical instruments, including an acoustic guitar, electric piano, bass, and drums. The music room is open at select hours, and may only be used with supervision by the madrichim.

Note: the airlines may charge approximately \$110-\$230 (each way) as it may be considered an extra piece of luggage.

3. Should I bring a laptop?

The campus is wired for Internet access. If you choose to bring your laptop, tablet or any other electronic devices we do not except responsibility for loss or theft.

4. What about jewelry or expensive items?

Remember you will be living in a dormitory and sharing space with lots of people. In any communal setting there is always a risk of theft. Each student does have his/her own personal closet that can be locked, and each dorm room can be locked.

A good rule of thumb is “do not bring anything you are afraid of losing or damaging.”

What do I *need* to pack?



Below is a recommended list. We also advise you to write your name on all clothing items. This list also includes the clothing needed if your group will be travelling to Poland.

Please bring a laundry bag (large enough for 10 lbs) labeled with your name. Laundry is done once a week with a 2-3 day turnaround.

1. Recommended clothing list

✓	Quantity	Item
	10-15	T-shirts (bring even more)
	5-7	Long sleeve shirts/tops
	4	Sweaters, sweatshirts or fleece shirts
	5	Jeans, pants, sweatpants (more sweats)
	8+	Shorts the larger number for girls, (soffees are a good idea for in the dorm, not for class or for outings. Other inexpensive athletic shorts are good because they are small, pack easily & can be given away at the end if you need suitcase room.
	20	Underwear
	1	Light robe or cover-up
	2 sets	Sleep clothes
	20 pairs	Socks (including thick socks for hiking)
	2-3 pairs	Flip flops or shower shoes—these can break easily, so bring more just in case. Wear only on campus, not for walking
	1 pair	Water shoes with firm bottoms with straps (tevas or jelly shoes) also, if you have keens/chacos/crocs (sandals with firm soles and mostly covering tops of feet) these are okay for many hikes. Water shoes are critical
	1 pair	Sandals—must have a back strap for walk outside of dorm or class, i.e. Shabbat
	1 pair	Traction shoes for hiking/hiking boots (broken in)—water proof is good. Make sure to break in any new hiking shoes/boots. Supportive sneakers that are geared for hiking are fine for most hikes, but hiking boots are also a good idea. (Brands such as Merrell, Salomon, Columbia)
	1-2 pairs	Sneakers, one of which an old pair for hiking in wet areas
	2	Swim clothes
	1	Bathing cap (mandatory as most pools do not allow swimming without a cap) Our groups have reported that they never went to a pool where this was a problem, but it's possible that this will be needed.
	4-5	Light jacket (fleece or sweatshirt material) because it does get cold some nights and when in the Golan it is colder and the Negev at night gets pretty cold
	2	Hats for sun (mandatory) if you think you might lose one, bring an extra
	1	Heavy jacket for Poland
		For Girls
	5-7	Dresses or skirts and blouses for Shabbat and social events (Shabbat dress in Israel is casual). People will probably borrow clothes, so if girls especially are uncomfortable repeating an outfit, it is probably better to bring a few more outfits. Bring dresses or outfits with sleeves—no

		backless or t-strap dresses.
	1 pair	Dress shoes—flats best for girls or other easy to walk-in sandals, Distances to shul can be long and require comfortable walking shoes
	3 pairs	Leggings (in addition to sweats and jeans)
		Closed toe shoes (Toms, Converse, boatshoes, etc.)
		For Boys
	4	Short sleeve shirts (including 2 dress shirts for Shabbat)
	2-4 pairs	Dress pants—Dockers/khakis for Shabbat and social events (Shabbat dress in Israel is casual)

2. Personal Items

Most of the personal items can be purchased near the campus so bring only an initial supply. Pillows and blankets will be provided by the school. You do not need to bring a sleeping bag.

√	Quantity	ITEM
		School-sized backpack
	4	Bathtowels
	2	Face towels
	1—2	Beach towels (Even if you purchase a set of sheets and towels, bring 2 beach towels)
	2	Fitted sheets (twin) Students can also purchase new sheets for the cost of \$60, and they can be donated at the end of the three months
	2	Flat sheets (twin)—same as above
	2	Pillow cases—same as above
	3	Bars of soap or liquid soap
		Deodorant
		Large toothpaste
		Toothbrush
		Personal grooming products
		Feminine hygiene products
		Shower caddy
		Lip balm
		High potency vitamins (students recommend that you bring these)
		Aspirin/Tylenol/Advil (Nyquil, Benadryl)
		Band-aids (small supply as also provided by nurse)
		Nasal spray for colds (small supply as also provided by nurse)
		Throat lozenges (small supply as also provided by nurse)
		Purse-size tissues
		Small bottles for liquid toiletries to take on field trips
		Water bottle (must hold at least 1.5 liters)—suggest a camelback because it is easy to drink from on hikes and most nalgens do not hold enough water (Students are not allowed on the bus with less than 1.5 liters of water).
		Flashlight and batteries. It is highly suggested that you bring a headlight flashlight which is great when walking in tunnels—hands free)
		Sunscreen
		Insect repellent
		Alarm clock and batteries
		Camera with 2 GB of digital memory or greater—bring multiple memory cards
		Consider eye mask, ear plugs
		Battery charger (120/240) instead of lots of batteries
		Travel sewing kit with safety pins
		Raincoat and Umbrella —can be rainy in November
		Travel hair dryer (220 volt)—if required
	2	Adapter/converter for small electric devices

		If you plan to have a power strip, must purchase this in Israel. USA strips will not work.
		Slippers—for cold winter floors
		Various sizes of ziplock bags
		Sunglasses (consider strings if you want to wear them in the water)
		Kippot, talit & tefillin, siddur
		Favorite small games, cards, friendship bracelet strings, little things to decorate your room
		Sports equipment
		Laundry bag with name on it (large enough for 10 lbs.) (Laundry is done once/week, ready between Wednesday and Friday.)
		Small duffel/sports bag
		Watch

Optional Linen Purchase

Due to increasing weight limitations on domestic and international baggage and the cost of additional and/or overweight luggage, linen sets are available for purchase by all students. The cost of the linen set is \$60. There is **NO** need to send in any money at this time. Students desiring to purchase towels and linens should bring an envelope to Israel with \$60 in cash labeled "Linens"

At the end of the session students may opt to take the linens home or leave them to be donated to a charitable organization.

All students receive a blanket and pillow for the session, whether they purchase the linen or not.

Linens include:

(Quality may not be the same as your child is used to.)

- 2 fitted sheets 2 flat sheets
- 2 pillow cases 2 bath towels

3. School Supplies

√	Quantity	Type
	2	Five-subject notebook for the core history course
	5	Pocket folders
		Pencils and pens (mechanical pens)
	3	Hi-lighting markers in different colors
		Spiral notebook for each course
		Calculator and batteries
		Computer, external hard drive, and flash drives (a must to turn in homework if you or teacher has email difficulties)

4. Miscellaneous items and travel tips

	Eyeglasses/Contact Lenses
	If you wear glasses, bring an extra pair
	If you wear contact lenses, you will need a pair of regular glasses in addition to your contact lenses
	Carry a copy of your prescription in your wallet
	Bring sufficient eye drops of contact lens solution as it is very expensive in Israel.
	For contact wearers, consider traveling with dailies while in Israel—although more expensive, do not have to worry about losing one, having one rip, or keeping them sterile on tiyulim.
	Small electric Appliances
	Electricity in Israel is 220 volts (110 in USA)
	Transformers and adaptor plugs
	If you plan to bring a hair dryer, do not depend on a transformer. Purchase an inexpensive dual voltage hair dryer that is also designed for 220 volts. Purchase power strip in Israel.

	Musical Instruments
	You are encouraged to bring your musical instrument, if possible. Encase it in a hard, sturdy travel case.
	The airlines may charge up to \$110.00 - \$230.00 (each way) as it is an extra piece of luggage.
	Rental of musical instruments can be prearranged, as well as purchase of a decent guitar for around \$100-\$125.
	Jewelry, Electronics and Expensive Items
	Expensive jewelry, electronics and designer clothing or shoes simply should be left at home. Do not bring anything you are afraid of losing or damaging.
	Medications
	Pack all medications in carry-on luggage in case you are separated from your luggage for a few days.
	Those who take prescription medications should bring enough medications for the entire program as well as a copy of the prescription(s).
	Money
	Carry no more than \$300 on you.
	Students are required to give Muss three or four envelopes upon arrival. Put your name, purpose, and amount on the outside of each envelope: <ul style="list-style-type: none"> • Bring up to \$50 for expenses in transit to Israel. • Envelope #1: \$30 will be collected and put aside as a "loss and damage deposit." It is to be returned on the last day, if you have no outstanding loss or damage fees. • Envelope #2: \$150 is collected and placed in a safe. Upon departure, you will receive the \$150 as "return home" money to help take care of unexpected expenses you may have along the way home as well as potential overweight bags. • Envelope #3: \$10 is for a lock for your personal closet. It will be returned at the end of the session when the lock is returned to AMHSI. • Envelope #4: \$60 is for sheets and towels if you choose to buy them in Israel.
	Odds and Ends
	Bring gifts for those who will be hosting you for home hospitality weekends. Think of packing something light and flat, perhaps with some connection to home.
	Pack a soft-sided empty duffel right into your luggage. This can be handy for short trips, overnights or overflow items.