



VFI Packing List – Pack Lightly. Less is more.

Use this list as a guide only.

[] Blue VFI Program Handbook

On a base you will be issued the following:

- a uniform - shirt, trousers, cap, belt, blue Sar-El shoulder “flashes”
- blanket (light); sleeping bag; a twin long sheet
- pillow, possible, but not always, (see below)
- army boots (only if the work-site requires them)
- in winter, a sweater and parka

CLOTHING

Do your laundry by hand on the base, or you can use laundromats on weekends

- [] T-shirts to wear under fatigues [] Athletic socks for boots
- [] Sturdy sneakers/walking shoes with closed toes; sandals (off the base)
- [] Casual evening/weekend clothes [] Sweater or light jacket
- [] Warm sleep wear for cold nights [] Coat for winter months (Oct.- Apr)
- [] Underwear (Remember, it will be hanging on communal wash lines)
- [] Optional: Rainwear, and waterproof footwear for winter [] Bathing suit

FOR SHABBAT AND HOLY SITES

People generally dress casually, even for Shabbat.

- [] Women: Modest dress or skirt & blouse w. sleeves; head covering
- Men: Slacks, white shirt, kippah

MISCELLANEOUS ITEMS: Many items are handy but not necessary

- [] **Weekends/touring: Bring all luggage with you.** [] Laundry bag
- [] Sunhat/sun glasses; sunscreen 30 SPF or higher
- [] 1-2 Bath towels/washcloths. [] Bathrobe
- [] Toiletries you normally use, soap, shampoo, toilet paper; make up
- [] Small pillow (sometimes supplied by the army); pillow case
- [] Sheets (sometimes supplied by the army) or sleeping bag insert

- Basic first aid items:** Tylenol, Advil, aspirin, Band-Aids, Imodium, Benadryl, etc.
- Extra pair of prescription glasses** **Prescription meds, copies of prescriptions**
- Work/rubber gloves **Shower shoes/flip flops** Dust mask
- Flashlight and spare batteries Portable travel alarm clock
- Combination lock for locker (if you actually have a locker!)
- Insect repellent Individual packs of wet wipes/tissues
- Earplugs for light sleepers or for use in noisy work areas
- Liquid detergent in leak-proof container for hand or machine wash

Don't carry liquids over 3.4 oz. in your carry-on. Check TSA rules.

- Small plastic tub for hand washing clothes Small carrier for bathroom items
- Travel clothesline/pins, bungee cords/rubber bands Travel sewing kit
- Small Swiss knife or multi tool (don't pack in carry-on luggage)
- ATM card –check overseas use w/ issuer
- Money belt/fanny pack/neck wallet
- International cell phone or smart phone that can be used in Israel with **Whatsapp**
- Electrical appliance adapter for Israel (220V / round pin plug)**
- Scotch tape/masking tape/duct tape; pens; journal; push pins to hang items on wall
- Ziplock plastic bags, various sizes (they come in handy)
- Snacks: Individual coffee/tea bags/ hot chocolate/ instant oatmeal packets, peanut butter crackers, raisins, power bars. **Don't bring non-kosher food to mess hall**

DON'T BRING

Anything you would regret losing or damaging: money, jewelry, electronic items or other irreplaceable items

YOU MUST BRING with you in your carry-on – not in checked luggage- picture page of your passport; proof of medical insurance; cell phone with international (Israel) coverage, ID.. See Application Checklist (p.ii) and the blue VFI Program Handbook (p.10).

A sense of humor! Don't leave home without it!