

VFI PACKING SUGGESTIONS

Use this list as a guide only, and exercise common sense in packing. Pack lightly and efficiently as you would for any journey.

General Suggestions For All Volunteers:

Pack clothing appropriate for your planned weekend activities and the season. Israelis dress casually, even on **Shabbat**. Bring appropriate head covering and clothing for holy sites. Be sure to have closed toe shoes for your work site; sandals may be appropriate for evening activities or weekend touring. Flip-flops or shower shoes are useful for communal bathrooms on site.

DO NOT BRING anything you would regret losing or damaging, such as expensive jewelry or other irreplaceable items. You may bring a computer, iPad or other electronic devices, at your own risk.

DO BRING the following:

- Two copies of your VFI Application—one for you and one, if needed, for the on-site supervisor of your volunteer program
- A copy of your health insurance policy
- Prescription medications and copies of your prescriptions
- Extra prescription eyeglasses; sunglasses
- First aid items or over-the-counter medications you normally use
- Several Covid tests/masks
- Sunscreen (30 SPF or higher); insect repellent
- Earplugs; flashlight
- Electrical adaptor and plug for Israel (220 Volt) round pin plug
- Small fanny pack or bag to take to worksite
- Water bottle for touring and worksite

DON'T FORGET your passport, a cell phone and an ATM and credit card.
Download the following apps for your phone: What'sApp, GETT, Moovit

If you are checking your bags, be sure to put some extra clothing, medications, and your medical insurance policy plus VFI application in your carry-on.

Program Specific Suggestions

Archaeology/Rebuilding:

- Knee pad
- Hat
- Long sleeved shirts
- Work gloves

Kadesh Barnea Farm Program:

- Sleeping bag/ light blanket in summer
- Towel
- Durable work clothes and shoes/ hat
- Long and short sleeve shirts
- Socks for a few days
- Insect repellent
- Mobile speaker and playlist for an enjoyable work day
- Washing machines are available.

Reuth Rehabilitation Center:

- No toiletries provided. Bring face, hair and body products.
- Towels, linens and blankets are available; ask coordinator for them.
- Comfortable walking shoes; long pants or jeans.
- Hospital smock is provided, renewed daily.
- Washing machine and large drying racks available.
- For males, child abuse clearance document

IDF Feed the Soldiers Program:

- Toiletries and linens are provided.
- Bring long pants and extra t-shirts.
- IDF Uniform/t-shirt provided.

v. 10/29/24