

**MARCH OF THE LIVING – SOUTHERN REGION ADULT BUS**  
**Packing Checklist – April 20 – May 3, 2017**

**Weather:** We travel through two weather changes on the trip. Poland can be rainy. The temperature ranges from a high of 75F/low of 38F. Israel is like summer with little chance of rain, but mornings & evenings can be cold. Take clothing in layers that are adaptable to both Europe & Israel. Wash & wear clothing is advised.

**Carry-On Items for Flight To Poland:**

**Do not take anything with you that is expensive or that you cannot afford to lose.** We recommend packing the MOL backpack that you will receive, in your carry-on, for use during the trip. One carry-on bag and a personal bag are allowed but the carry-on must be **no more than 20"Long x 14"Wide x 10"High** & fit under a seat. Weight: less than 20 lbs. The following should be included in the carry-on luggage:

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|--|--|
| <input type="checkbox"/> <b>Prescription</b> medicine (along with <b>GENERIC</b> written prescription).  | <input type="checkbox"/> <b>Eyeglasses:</b> extra pair (if needed)               |
| <input type="checkbox"/> <b>1 Change of Clothing</b> (Extra change of clothing for flight, and a sweater or sweatshirt)  | <input type="checkbox"/> <b>Camera</b>   |
| <input type="checkbox"/> <b>MOL Jacket.</b> MOL Jacket is rain resistant, but it is advised to spray it with waterproofing spray   | <input type="checkbox"/> <b>Cell Phone</b>                                       |
| <input type="checkbox"/> <b>Waterproof Walking Shoes</b> – (Wear new ones a few <u>times</u> before we leave for the trip to break them in and be sure to waterproof them) Wear them on the plane or pack in carry-on. | <input type="checkbox"/> <b>Religious articles</b>                               |
|  | <input type="checkbox"/> <b>Money</b> — credit card. <b>NO TRAVELERS CHECKS.</b> |
|  | <input type="checkbox"/> <b>Tissues:</b> (travel size packs)                     |
|  | <input type="checkbox"/> <b>Gloves &amp; Hat covering ears</b> for cold weather  |
|  | <input type="checkbox"/> <b>Pens;</b> a few                                      |
|  | <input type="checkbox"/> <b>March of the Living Journal</b> (to be received)     |

**Packed in Checked Luggage** (No larger than **28"high X 16" wide X 16' deep; 50 lbs.**)

**Clothing:**

- White shirt or jersey for Memorial in Israel on Erev Yom Hazikaron**
- Undergarments & Socks (6 days Poland - 6 days Israel)**
- Comfortable clothing** (do not over pack; **2-3** jeans or long pants, **8-12** t-shirts; total)
- Shorts:** a few pair
- Jackets, Sweaters or Sweat Jackets:** 1 light-weight winter coat packed on top layer of bag. Note: Cooler weather jacket and/or several layers are essential for Poland's cooler weather
- Extra pair of shoes, light slippers** – (Wear new shoes a few times before we leave for the trip to break them in, and be sure to **waterproof them**)
- An empty re-usable 16-20 oz. water bottle.**
- Appropriate outfit for Shabbat services:** **Women:** Long sleeved/elbow length blouse, skirt. **Men:** Collared shirt, and a pair of slacks
- Women:** 1 long skirt/sarong covering below knees. Plus a modest top for the *Kotel* (Western Wall)

**IMPORTANT NOTE:** In general, modest dress is indicated for participants on the *March of the Living*.

**Useful Tips**

- ~ Pack Poland clothing on top ... Israel clothing on bottom.
- ~ Bring one Lightweight Wheeled Duffle limited to a total weight of 50 lbs! Heavier bags are expensive at check-in.

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(Continued)

**Miscellaneous (suggested):**

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|--|---|
| <input type="checkbox"/> <b>Medication</b> (duplicate in carry-on, in case of loss)                                      | <input type="checkbox"/> <b>European Adapter Plugs:</b> for Polish & Israel electric outlets to use American devices on 220-volt electricity (for electronics recharging)   |
| <input type="checkbox"/> <b>Towel:</b> 1 hand towel; on-hand for rainy days  | <input type="checkbox"/> <b>Individual Woolite / Detergent Packets</b>  |
| <input type="checkbox"/> <b>Toiletries</b> and personal items  | <input type="checkbox"/> <b>Israeli and/or American Flag.</b> Many participants like bringing a 3' X 5' flag for carrying on the two Marches. On sale at website: <a href="http://www.molsouth.org">www.molsouth.org</a> for \$10.00. American Flags for the March in Jerusalem, also available |
| <input type="checkbox"/> <b>Soap</b> (in container)  |   |
| <input type="checkbox"/> <b>Hat</b> (for sun protection in both countries)   |   |
| <input type="checkbox"/> <b>Laundry Bag:</b> durable & closable  |   |
| <input type="checkbox"/> <b>Jewelry</b> — No expensive jewelry — this item is <i>optional and <b>not recommended</b></i> |   |
| <input type="checkbox"/> <b>Small Travel Alarm Clock</b> (battery operated)  |   |
| <input type="checkbox"/> <b>Sunscreen</b>  |   |

**Food:** (Optional, but Recommended for Poland)

The program provides three nutritious kosher meals per day (certified by Chief Rabbinate of Israel). Please make an effort that any foodstuffs you bring are Kosher. Items listed below are *suggestions only*, primarily for personal snacks in Poland (take some in your carry-on)

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|--|--|
| <input type="checkbox"/> Power Bars / Granola Bars             | <input type="checkbox"/> Trail Mix in sealable bags            |
| <input type="checkbox"/> Packaged Fruit (raisins, dates, etc.) | <input type="checkbox"/> Peanut Butter in mini cups for energy |
| <input type="checkbox"/> Mints, Candy, Gum                     | <input type="checkbox"/> Dietary Supplements, per participant  |

**Reminder: The March of the Living cannot supply “special diets.”**

**Personal Audio Receivers & Headphones:**

Each participant will receive one of these. Our region rents these devices for better communication.

**Camera:**

A simple digital camera is recommended or you may choose to use your smart phone.

**Luggage Guidelines:**

- **Luggage** must be carried & transported by each participant. Limits must be adhered to because of airline regulations and more importantly, space on our buses.
  - One piece of lightweight luggage will be checked in (no more than 28”x 16”x16” and must be under 50 lbs. total – Overweight luggage will be charged at approximately \$50-\$125-plus, for 1-20 lbs. over. Duffle or suitcase with attached wheels strongly recommended.
  - Depending on your domestic carrier, checked bags cost between \$25-\$150. EL AL charges more.
- **Apply a substantial name tag**, with contact phone numbers, to your luggage and carry on for identification purposes in addition to the MOL luggage tags you will receive.
- **Carry-on luggage for EL AL Planes** — 1 carry-on bag is allowed but it must be no more than 20” X 14” X 10” high and fit under the seat and must weigh no more than 20 pounds (carry on is usually weighed at check in).
- **Carry-on luggage for domestic Airlines and other airlines** — Check with your domestic carrier for their dimensions and weight allowances.
- **MOLSouth luggage tags** must be on your carry-on and luggage. (Provided at the Orientation Meeting on April 2 at 6:30 pm at the West Boca Jewish Campus)

***The March of the Living and its affiliates bear no responsibility for luggage or personal effects of the participant, or for any weight overage at the airline check-in counters.***

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