

MARCH OF THE LIVING SOUTHERN REGION ADULT BUS
PACKING LIST 2025

WEATHER: Temperature ranges in Poland can be between 20 and 75F, and we could experience rain, sleet, snow—or total sun. In other words, it's best to be prepared for all conditions. We recommend taking clothing that can be layered.

CARRY-ON ITEMS

Do not take valuables or anything you cannot afford to lose. We recommend packing in your carry-on whatever you will need from the first day and/or that cannot be replaced, including:

- | | |
|---|--|
| <input type="checkbox"/> prescription medicine (along with GENERIC written prescription) | <input type="checkbox"/> cell phone and charger |
| <input type="checkbox"/> change of clothing | <input type="checkbox"/> camera |
| <input type="checkbox"/> sweater or sweatshirt | <input type="checkbox"/> sunglasses, extra glasses, contact lenses |
| <input type="checkbox"/> outer jacket or coat | <input type="checkbox"/> cash and credit card/s |
| <input type="checkbox"/> gloves, ear-covering, hat, scarf | <input type="checkbox"/> tissues (travel size packs) |
| <input type="checkbox"/> walking shoes, broken in and waterproofed | <input type="checkbox"/> pens |
| <input type="checkbox"/> MOL jacket, waterproofed | <input type="checkbox"/> MOL journal |
| <input type="checkbox"/> MOL t-shirt | <input type="checkbox"/> religious items |
| | <input type="checkbox"/> day pack |

CHECKED LUGGAGE ITEMS

CLOTHING

- comfortable clothes--do not over pack: – 3 jeans or long pants, 7-8 tops
- undergarments and socks
- extra pair of comfortable shoes, well broken in and waterproofed
- layers to provide warmth: combination athletic-type base layers, shirt mid layer, and sweater, sweat or windproof fleece jacket, down vest or jacket
- appropriate outfit for Shabbat services and dinner

<p><u>IMPORTANT NOTE:</u> In general, <i>modest dress</i> is requested of participants on the March of the Living.</p>

MISCELLANEOUS

- toiletries and personal items
- sunscreen
- hat for sun protection
- travel umbrella, for sun and rain
- rain jacket or poncho
- hand towel (absorbent camping-type that folds up tiny), for rainy days
- adapter plug type E (two round prongs) for charging electronic devices
- Israeli flag, optional, for use on the day of the March only
- single-jack headphones, optional (Note: Each participant will have use of a personal audio receiver and headphones to be able to hear our educator while we're on the move. You may use your own headphones as long as they are not wireless.)
- snacks -- nutrition bars, dried fruit, trail mix in sealable bags, mints, candy, single-serve peanut butter packs, etc. (Note: The program provides three nutritious kosher meals per day [certified by the Chief Rabbinate of Israel]. Please make an effort to ensure that any food items you bring on the trip are certified kosher.)

LUGGAGE GUIDELINES

Be sure to check with the airline you are flying about their regulations, including any weight limits for carry-ons (some airlines weigh them at check-in). **Please note** that the sizes noted here must be followed so that all luggage can be accommodated in the luggage compartments of our buses. All wheeled bags will be placed in them; only backpacks, totes and other non-wheeled day packs can be brought into the bus.

CHECKED BAG

- one piece, lightweight; suitcase or duffel with attached wheels strongly recommended
- 28" x 16" x 16" maximum

CARRY-ON BAG

- one bag (in addition to personal item)
- 20" x 14" x 10" maximum (not including wheels)

LUGGAGE TAGS

- apply substantial identification containing your contact phone numbers to both bags
- in addition: MOL South luggage tags (to be provided to you prior to the trip departure) must be on both bags from the time you arrive in at the hotel in Krakow.

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.