

**MARCH OF THE LIVING SOUTHERN REGION ADULT BUS**  
**PACKING LIST 2024**

**WEATHER:** In most years, we travel through two weather changes during the trip, with Poland having winter-spring conditions and Israel being like summer. But we have to be prepared for all situations. Temperature ranges in Poland can be between 20 and 75F, and we could experience rain, sleet, snow—or total sun. There is little (though not zero) chance of rain in Israel, where daytime temperatures are expected to be in the 70s and 80s, though mornings and evenings can be chilly. We recommend taking clothing that can be layered and is adaptable to both countries.

**CARRY-ON ITEMS**

**Do not take valuables or anything you cannot afford to lose.** We recommend packing the MOL backpack you will receive for use during the trip in your carry-on, along with the following:

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| <input type="checkbox"/> prescription medicine (along with <b>GENERIC</b> written prescription)          | <input type="checkbox"/> camera                           |
| <input type="checkbox"/> a change of clothing  | <input type="checkbox"/> cell phone and charger           |
| <input type="checkbox"/> a sweater or sweatshirt   | <input type="checkbox"/> religious articles               |
| <input type="checkbox"/> MOL jacket (rain resistant; it is advised to treat it with waterproofing spray) | <input type="checkbox"/> cash and credit card/s           |
| <input type="checkbox"/> walking shoes, broken in and waterproofed                                       | <input type="checkbox"/> tissues (travel size packs)      |
| <input type="checkbox"/> sunglasses, extra glasses, contact lenses                                       | <input type="checkbox"/> gloves, ear-covering, hat, scarf |
|  | <input type="checkbox"/> pens                             |
|  | <input type="checkbox"/> MOL Journal (to be provided)     |

**CHECKED LUGGAGE ITEMS**

**CLOTHING**

- comfortable clothes for 8 days in Poland (do not over pack – 3 jeans or long Pants, 8-12 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 (packed on top to be accessible on arrival in Poland)
- appropriate outfit for Shabbat services  
women: at least elbow-length top and knee-covering skirt ; men: collared shirt, slacks

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

- toiletries and personal items
- sunscreen
- hat for sun protection
- hand towel (absorbent camping-type that folds up tiny), for rainy days
- adapter plug type E (two round prongs) for charging electronic devices
- flag/s, Israeli (for March in Poland) available at [www.molsouth.org](http://www.molsouth.org)
- 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, primarily for Poland -- nutrition bars, dried fruit, trail mix in sealable bags, mints, candy, gum, 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. **Please note** that the sizes noted here must be followed so that all luggage can be accommodated in the luggage compartments of our buses, and to be in accordance with size and weight allowances on flights.

**CHECKED BAG**

- one piece, lightweight; suitcase or duffel with attached wheels strongly recommended
- 28" x 16" x 16" maximum
- 50 lbs maximum (or overweight charges of \$50-125 for 1-20 lbs. excess will be charged)

**CARRY-ON BAG**

- one bag (in addition to small personal item)
- 20" x 14" x 10" maximum (not including wheels)
- 20 lbs maximum (carry-on often weighed at check-in)

**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 Poland.

**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.**