

**MARCH OF THE LIVING – SOUTHERN REGION**  
**Packing Checklist – April 16 – April 30, 2023**

**Weather:** We travel through two weather changes on the trip. Poland can be in the high 40's to 60's at night and may have bone-chilling rain. Daytime temperature ranges from a high of 78F and a low of 55F. 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.** All of the following should be included in the carry-on luggage. We recommend using the MOL backpack you receive on April 7. One carry-on-bag is allowed. It must be no more than **20"Long x14"Wide x9"High** & fit under a seat. Weight: less than 20 lbs.

- Prescription** medicine (along with **GENERIC** written prescription) this must be obtained from your physician.
- 2 Changes of clothing** (underwear for 2 more days, extra change of clothing for flight, and a sweater or sweatshirt)
- MOL Jacket.** Jacket is rain resistant, but it is advised to spray it with waterproofing spray.
- Rain gear;** hooded poncho (disposables at Target, Wal-Mart, Amazon) and/or small compact umbrella.
- Eyeglasses** (if needed): Extra pair in a hard shell case.
- Camera**
- Cell Phone and Charger**
- Headphones – not wireless**
- Religious articles** — Weekday and Shabbat pocket *siddur: tefillin, tallit, and kippot* (more than 1).
- Money** — credit card, \$100-\$150 in cash (Suggested) (in small denominations). **American Express is not widely accepted.**
- Israeli Citizens only. Passport & Visa & Pator / פטור** (if required) and photocopies of both.
- Tissues:** Small tissue pack or Toilet tissues (travel size)
- Pens;** a few for **March of the Living Journal.**

**Items to Pack in Your Checked-Bag (Limit size is about **28"high X 16" wide X 16' deep; 50 lbs.**)**

- USE a Light-weight Wheeled Duffle Bag** which is limited to a total weight of 50 lbs! If over, you pay the airlines at check-in.
- You lug the suitcases around and less clothing makes things much easier.**
- WE URGE YOU TO PACK LESS.** We are not on the trip for fashion statements.
- Pack Poland clothing on top . . . . Israel clothing on bottom.
- Small Toy** for use in a program. (Ex: Stuffed animal, hot-wheels car, paperback children's book, etc. appropriate for ages 2-17)
- An empty re-usable 16-20 oz. water bottle.**

**Clothing:**

- White shirt for Yom HaZikaron Memorial**
- Undergarments & Socks** (7 days Poland - 6 days Israel)
- Comfortable clothing** (do not over pack; **2-3** jeans or long pants, **8-12** t-shirts; total)
- Shorts:** one pair for Poland and a few pair for Israel.
- Jackets or Hoodies:** 1 heavier winter coat - packed on top layer of checked bag. (Lighter jackets in carry on). *Note:* Cool weather jacket and/or several layers are essential for Poland's colder weather and Israel's mornings and nights.
- Waterproof Walking shoes:** more than 1 pair (Before trip - Wear them a few times & **Waterproof them**)
- Girls: **1 Long length skirt** and **extremely modest shirt** for our visits to the *Kotel* (Western Wall)
- Appropriate outfit for Shabbat services:**  
Girls: long sleeved/elbow length blouse, skirt at knees. Boys: collared shirt, sweater or jacket, 1 pair slacks
- Bathing suit:** For safety and modesty purposes, both boys and girls are required to wear a full length t-shirt when wearing a bathing suit. **Water shoes a must.**

**IMPORTANT NOTE:** In general, modest dress is indicated for participants on the March of the Living. Please do not bring tank tops, halters, etc. Participants respect the integrity and purposes of the trip. Staff will ask you to change, if dress is deemed inappropriate for Poland and Israel

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**Miscellaneous:**

- |  |   |
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| <input type="checkbox"/> <b>Toiletries</b> and Personal items (travel size).             | <input type="checkbox"/> <b>Swag</b> for trading. Pre-Orders on-sale on website: <a href="http://MOLSouthStore">MOLSouth Store</a>  |
| <input type="checkbox"/> <b>Medication:</b> Duplicates are a must. Generic prescription. | <input type="checkbox"/> <b>Israeli or American Flag.</b> Many students like bringing a 3 X 5 foot flag for carrying on the two Marches. Available for purchase (American Flag for the March in Jerusalem, only). |
| <input type="checkbox"/> <b>Hat</b> (for sun protection in both countries)               | <input type="checkbox"/> <b>Small toy or item for donation to children's home in Israel.</b>  |
| <input type="checkbox"/> <b>Sunscreen.</b>   |   |
| <input type="checkbox"/> <b>Towels:</b> 1 medium size.                                   |   |
| <input type="checkbox"/> <b>Laundry Bag</b>  |   |
| <input type="checkbox"/> <b>MOL Small Drawstring Backpack</b>                            |   |
| <input type="checkbox"/> <b>European adapter plugs (2 prong for charging).</b>           |   |

**Food:** (*Recommended for Poland*). Our program provides three nutritious kosher meals per day (certified by Chief Rabbinate of Israel). Please ensure that all items you bring are Kosher. Items listed below are *suggestions only*, primarily for lunch supplement and snacks in Poland (Pack some items in your carry-on).

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| <input type="checkbox"/> Protein Bars / Granola bars.             | <input type="checkbox"/> Peanut butter (in small packets).           |
| <input type="checkbox"/> Packaged fruit (raisins, dates, etc.).   | <input type="checkbox"/> Trail mix in sealable bags.                 |
| <input type="checkbox"/> Fruit roll-ups.                          | <input type="checkbox"/> Mints, Candy, gum.                          |
| <input type="checkbox"/> Tuna fish (pop-top small cans or pouch). | <input type="checkbox"/> Dietary supplements, needed by participant. |

**Camera:** A simple Digital camera is recommended, nothing too complicated. Many use phones for photo taking. Bring enough batteries or a charger. *No video cameras permitted without special permission from the Director.*

**Personal Audio Receivers & Headphones:** Each participant will have a personal receiver. Our region rents these devices for better communication. In the event a participant loses or breaks the receiver or headphones, \$100 is charged. This allows each participant to hear everything while walking at all sites. Please bring a pair of headphones (not wireless) to be used with the receiver.

**\*Luggage Guidelines:**

- **Luggage** is 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-\$250-plus for 1-20 lbs. over). Wheel-attached luggage preferred. (SOFT-DUFFEL on wheels is the NORM).
- **Luggage Tags:** Apply a substantial nametag to your luggage and carry- on for identification purposes. This is in addition to the MOL luggage tags you will receive.
- **Depending on your domestic carrier, checked bags cost between \$35-\$95. Be sure you have a credit card or money if you have an overweight bag.** Check with your carrier as to any "carry-on" costs and restrictions.
- **Carry-on luggage for EL AL and LOT:** We advise using the March of the Living backpack as your carry-on bag (Place your March of the Living Name Tag on It). One carry-on bag is allowed but it must comply with airline weight and size restrictions.
- **MOL Luggage tags** must be on your carry-on and checked-bag at all times. (*Provided at the Parent/Student Orientation Meeting on March 30, 2023*)

**\*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. Make sure you have the proper insurance coverage.**

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