

MARCH OF THE LIVING – SOUTHERN REGION
Packing Checklist – May 1– May 8, 2024

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. Take clothing in layers that are adaptable. 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 17th. 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.
- Cell Phone and Charger**
- Headphones – not wireless – should have a round plug**
- 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.**
- 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.
- Small Flashlight**
- An empty re-usable 16-20 oz. water bottle.**

Clothing:

- Undergarments & Socks** (7 days Poland)
- Comfortable clothing** (do not over pack; **2-3** jeans or long pants, **8-12** t-shirts; total)
- Shorts:** one pair
- 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.
- Waterproof Walking shoes:** more than 1 pair (Before trip - Wear them a few times & **Waterproof them**)
- Appropriate outfit for Shabbat services:** (1 Friday night and 1 Saturday morning)
Girls: long sleeved/elbow length blouse, skirt at knees. Boys: collared shirt, sweater or jacket, 1 pair slacks
- Evening outings:** This is a chance to hangout and explore with your fellow participants in casual clothes.

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.

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Miscellaneous:

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| <input type="checkbox"/> Toiletries and Personal items (travel size). | <input type="checkbox"/> European adapter plugs (2 prong for charging)). |
| <input type="checkbox"/> Medication: Duplicates are a must. Generic prescription. We highly recommend bringing extra just in case. | <input type="checkbox"/> Swag for trading. |
| <input type="checkbox"/> Hat | <input type="checkbox"/> Israeli Flag: Many students like bringing a 3 X 5 foot flag for carrying on the March. Available for purchase. |
| <input type="checkbox"/> Towels: 1 medium size. | <input type="checkbox"/> Portable Rechargeable Fan: This is a suggestion not a requirement. |
| <input type="checkbox"/> Laundry Bag | |
| <input type="checkbox"/> MOL Small Drawstring Backpack | |

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. |

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 and must have a round plug) 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:** We advise using a 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 April 17, 2024)*

****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.***