

VFI PACKING SUGGESTIONS

General Suggestions for All Volunteers

Clothing should be appropriate for volunteering, planned weekend activities and the season. Weather is generally mild in Israel so you can dress in layers. Israelis dress casually, even on Shabbat.

Men and women, bring appropriate head covering and clothing for holy sites. Be sure to have closed toe shoes for your work site; sandals may be appropriate for evening activities or weekend touring.

DO NOT BRING anything you would regret losing or damaging, such as expensive jewelry or other irreplaceable items. Bring electronics at your own risk.

DO BRING the following:
• Your passport that is valid for *at least* 6 months from the date you arrive in Israel. Keep it readily available.
• A copy of your VFI Application
• A copy of your health insurance policy
• In your carry-on, prescription medications and copies of your prescriptions.
• First aid items or over-the-counter medications you normally use
• Sunscreen (30 SPF or higher); insect repellant
• Earplugs; flashlight
• Don't forget chargers and plug adapters for Israel (220 Volt) round pin plug
• Small fanny pack or bag to take to worksite
• Water bottle for touring and worksite

Program Specific Suggestions

Archaeology
- Knee pads
- Hat
- Long sleeved shirts
- Work gloves

Farm Program
- Durable work clothes and shoes/ hat
- Long and short sleeve shirts
- Extra socks
- Insect repellent
- Mobile speaker and playlist for an enjoyable work day

Rehab Hospital Program
- Pack comfortable walking shoes; long pants or jeans.
- *For males, make sure to have a copy of your child abuse clearance document*.

IDF Feed the Soldiers Program
- Bring long pants and extra T-shirts. IDF Uniform provided.
- Flip flops or shower shoes for barracks showers.