

# Los Angeles Girls' Israel Torah Tour 2014

## Suggested Clothing List

12-15	Loose fitting, lightweight, long sleeve T-shirts
8	Skirts...long and full , lightweight are advisable
20	Socks
1	Sweatshirt or light jacket
	Shabbos outfits (light and washable)
2	Pair of shoes (hiking/ walking): Heels for Shabbos-not advisable
1	Old pair of sneakers for water (or water sandals with strap) crocs
2	Bathing suits
2	long T-shirts (cover-up) aqua clothing
	Bathrobe, slippers, pj's
2	Hats <b>NO VISORS;</b>
	Shorts, pants or leggings ( to wear under skirt for hiking and zip lining)
1	Towel
	Bed Linen <b>NOT NEEDED</b>

Small pocket siddur with Tehillim	Detergent and water softener( for hand washing ( if you wish)
Flashlight	camel pack/ water bottle holder provided by LAGITT
Sun screen ( enough for daily use)	Light backpack for hiking/
Travel alarm clock	Toiletries
Prescription medicine if needed (Tylenol, Dramamine, plastic bags)	Camera , 1-2 water cameras
Diary, journal	Shirt for tearing kriah
Laundry bag	Sunglasses