

# Los Angeles Girls' Israel Torah Tour 2012

## Suggested Clothing List

12-15	Loose fitting, lightweight, long sleeve T-shirts
8	Skirts...long and full ,denim, and 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)
	Bathrobe, slippers, pj's
2	Hats <b>NO VISORS;</b>
	Shorts, pants or leggings ( to wear under skirt for hiking and rappelling)
1	Towel
	Bed Linen <b>NOT NEEDED</b>

Small pocket siddur with Tehillim	Detergent and water softener( for hand washing ( if you wish)
Flashlight	water bottle holder/or "camel pack"
Sun screen ( enough for daily use)	Light backpack for hiking/or belt pack-needs to hold a big water bottle
Small Tanach (optional)	Toiletries
Prescription medicine if needed (Tylenol, Dramamine, plastic bags)	Camera with batteries and film, shoulder strap: 1-2 water cameras
Diary, journal	Shirt for tearing kria
Laundry bag	Sunglasses
Travel alarm clock	

**When packing remember that when we go north or south, 1/2 of your belongings will remain in Yerushalayim. Therefore, we recommend packing in 2 smaller bags rather than one large one. (If you bring two huge bags, you're taking too much and YOU will have to schlep it.) A light suit bag and your backpack is all that you need for your free Shabbos.**