



PACKING TIPS

PACKING 101

- Make a list of everything you plan to take including items that you do not intend to pack such as your passport, plane ticket, house keys, glasses, etc. (the reasoning being if you forget something it will likely be tickets or passport!)
- Review your list to determine if you can remove items to lighten your load or if you have forgotten anything essential.
- Think travel sizes and begin collecting for your toiletries. Hint: instead of spending for travel sizes, pour products into small containers you may already have on hand.
- Start packing -check off your items as you pack.
- Pack in layers with shoes and heavy, odd shaped items on bottom or against the wheels. Use the “roll” technique to save space and prevent wrinkles. Fill in empty spaces/shoes with small objects.
- Enclose toiletry containers in airtight plastic bags to prevent contents from spilling into your suitcase in the event of a leak.
- Pack underwear and/or bulkier items such as sweaters or raincoat in reusable compression bags that help to create space in your luggage.
- Wrap socks or pajamas around breakable items to cushion.
- Pack multi-purpose items. If you are not going to wear at least three times, leave it at home!
- Pack resealable plastic bags in several sizes. They are indispensable for packing shoes, wet swimsuits, exploding shampoo or sunscreen bottles! Can also be used to store postcards or small souvenirs.

CULTURE & CLOTHING

Dress should be modest in respect to the culture in which you are visiting yet a casual look is just fine. Shorts may be worn but some religious sites, particularly in the Middle East, may require long pants for men and long pants or skirts for women. It is suggested that you bring pants or skirts on bus to change in to before touring these sites. Woman may need to have shoulders covered at times. A light shirt or shawl is helpful to have on hand if wearing sleeveless tops. **Your guide will advise you of days that you will be visiting sites that require this covering.**

Bare Essentials

Luggage locks (TSA approved)	Travel Health Kit
Comfortable shoes	Security Wallet
Expandable Tote bag or Daypack	Hat or some form of head covering
Power converter (<i>each traveler receives one adapter from FBE</i>) if more than 1 needed	
Small flashlight or penlight	Bible
Camera/batteries	Prescription medications

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Keep your Passport, Driver's License or ID, charge card and airline tickets with you at all times in your security wallet/money belt. Take COPIES of these documents and keep a copy LOCKED in your luggage. Leave copies of your passport, itinerary, hotels, and flights at home with family member or friend.

OUR PACKING REQUEST

We ask that you limit your checked baggage to one standard size suitcase per person plus an overnight/carry on case or bag. Do not exceed 50 lbs. packed weight. If over the airline weight restriction, you will be responsible for the additional charge.

PACKING & CLOTHING SUGGESTIONS

- If traveling with a companion, pack one or two outfits in each others bag or pack a change of clothes in your carry on bag should your baggage be lost or delayed.
- There may be laundry facilities available in the hotel but is best to pack items that can be easily rinsed out in the room and/ or worn several times without need to wash!
- Comfortable shoes are a must! Practical walking shoes and at least one pair to interchange or wear at night. If going to the beach or Dead Sea, we do suggest a shoe that can be worn in the water.
- Lightweight clothing such as linen or cotton can be layered for all types of weather conditions.
- A basic color scheme is helpful for mixing and matching.
- A lightweight scarf, shawl, or tie can break the monotony of basic clothes.
- A lightweight water-resistant jacket and dark sweater is good to have on hand; a small umbrella or hat is useful protection from rain or hot sun!
- A swimsuit (respectable please) is nice to have available as many hotels do have pools/spas for relaxing after a long day of touring.
- Lightweight, microfiber underwear is easy to wash out/dry in your hotel room.
- Pack a small tote bag or back pack for day use for storing camera, water bottle, journal, etc. This can usually be safely left on the bus during the day to eliminate carrying it while visiting sites.

YOUR TRAVEL HEALTH KIT

A travel health kit is essential in being prepared to deal with minor health issues. Use this suggested list to think through what you may typically need or want to stay healthy.

Your Prescription Medications

Antidiarrheal medication	Antihistamine/Decongestant
Anti-motion sickness medication	Medicine for pain or fever medications
Cough suppressant/expectorant	Cough drops
Antacid	Mild laxative
Sunscreen	Lip Balm
Antifungal/antibacterial ointments	Lubricating eye drops

Antibacterial hand wipes or alcohol-based hand sanitizer

Basic first-aid items (bandages, gauze, ace bandage, antiseptic, tweezers, scissors, cotton-tipped applicators), moleskin for blisters

Airborne-Studies have shown that the key ingredients found in Airborne will help support a healthy immune system.

No-Jet-Lag - a homeopathic remedy that can lessen the effects of international travel.

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