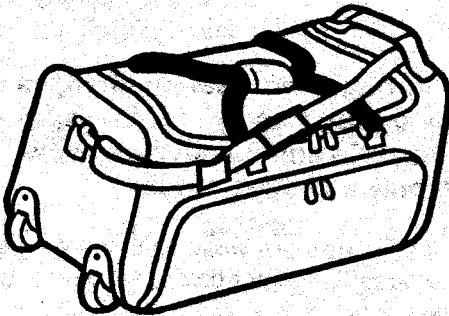


# March

OF THE LIVING



## CLOTHING LIST & TRIP SUGGESTIONS

2 copies of this form are provided to serve as checklists  
for both portions of your trip

**PLEASE NOTE: THE MARCH OF THE LIVING AND ITS AFFILIATES BEAR NO  
RESPONSIBILITY FOR LUGGAGE OR PERSONAL EFFECTS OF THE  
PARTICIPANT. PLEASE MAKE SURE YOUR OWN INSURANCE COVERS THIS.  
(I.E. HOMEOWNERS INSURANCE)**

**LUGGAGE: one piece of luggage per person (no more than 26") and a backpack (the March one or another).**

**YOU WILL HAVE TO CARRY YOUR OWN LUGGAGE.**

- One piece of lightweight luggage (no more than 26") will be checked. (Wheel-attached luggage preferred - **not separate wheels**). Clearly identified luggage inside and outside.
- One carry-on bag (e.g. your MOL backpack or another). Must be able to fit under your seat.
- An **empty**, collapsible overnight bag besides the backpack the MOL gives you.

### **WEATHER**

**We will be traveling through two weather changes on the trip: Poland will still be emerging from winter into spring, and often has bone-chilling rain and sometimes snow; Israel can be like summer with only a chance of rain.**

- Take clothing that can be worn in layers that are adaptable to both Europe and Israel. (A winter coat is recommended.)
- Your March jacket

### **CARRY-ON ITEMS: (separate)**

**Do not take anything with you that is expensive or that you cannot afford to lose (i.e. expensive cameras, jewelry, etc.). Do not take any knives or items which may appear to be a weapon. All of the following should be included in the carry-on luggage:**

- prescription medicines (along with generic prescription)
- change of clothing (underwear for 2 days, pajamas and a sweater - our first night in Poland you **might** not bring your luggage to your room).
- tissues, perhaps a number of mini packages
- rain gear: raincoat or poncho with hood, totes for shoe protection or boots
- hat, scarf, gloves
- extra eyeglasses or contact lenses
- journal and pens (and perhaps a mini tape-recorder/batteries)
- walkman/CD player etc. is permitted but with very restricted use
- paperback book or magazine

### **CARRY-ON ITEMS (continued)**

- religious articles - siddur (for males: kippah; optional: tefillin, tallit etc.)
- money belt
- money - bring **cash only** for Poland, travelers checks OK for Israel, about \$150 in travelers checks, \$50 in cash (in small denominations for gifts and sundries)
- credit cards (optional)
- passport (and visa if applicable)
- airplane tickets (if traveling by air from city of origin to the port of departure)
- toilet paper/tissues/wash 'n dries
- small light-weight flashlight and batteries
- songster

### **OTHER ITEMS: (to pack in your suitcase)**

#### **CLOTHING:**

**Wash and wear, polyester and crushable clothing is advised. There are no laundry facilities.**

- sweater - 1 heavy, 1 light, extra if you chill easily
- comfortable, rugged clothing
- Comfortable, well broken in rugged shoes (sneakers will not protect you against cold & mud)
- 2 appropriate outfits for Shabbat services:
  - girls: sleeved blouses, skirts, dresses, headcover (for married women)
  - boys: 2 white dress shirts, sweater or jacket, 1 pair of slacks (not jeans)

#### **MISCELLANEOUS:**

- personal items and toiletries (travel size) including tooth brush, lens solution
- 2 small towels
- bar of soap in container
- liquid detergent (concentrated in small container)
- laundry bag
- plastic bag (for clothing that may get wet)
- travel alarm
- mini-yahrzeit candles (tin, not glass)

### **FOOD: (Optional)**

**The program provides 3 good kosher meals per day.**

**Reminder: The March cannot guarantee "special diets."**

**Primarily for lunch supplement and snacks in Poland (take some in your carry-on). None of these items is required. No non-kosher meat items please.**

- packaged fruit (raisins, dates, nuts, etc.)
- fruit roll-ups or similar
- granola bars
- canned fish (tuna, gefilta fish, sardines) flip-tops only, plastic forks
- peanut butter (plastic jar)
- miniature packaged cakes, cookies
- candy, gum

### **OPTIONAL:**

- 220 volt converter with assorted adapters (for shaver/hair dryer)
- camera: a simple camera is recommended, nothing too complicated that will take time to adjust or focus; **you are not to bring a video camera**
- enough film for Poland and Israel  
*Note:*
  1. Some teens took 8-10 rolls in Poland alone.
  2. Polish film can't be developed in the U.S.
  3. Film in Israel is very expensive.
- remember to bring replacement batteries for all items requiring them (some cameras require specialty batteries)

### **DO NOT BRING:**

- **video camera**
- **cellular or satellite phone**
- **beeper**
- **laptop computer**
- **palm pilot or other PDA**