

# VFI Packing Check List

Some people like to bring along enough clothing for their entire stay and not have to do any laundry. Others prefer to travel light. Remember, YOU will be carrying the suitcase. Decide which way is best for you, and use this suggested list as a guide only. Keep in mind that work clothes are issued to volunteers on bases. After hours people generally dress casually, even for Shabbat, unless they will be in an Orthodox environment.

## CLOTHING

- T-shirts for under uniform
- Comfortable work clothes (for those requesting hospital work)
- Sturdy sneakers/walking shoes
- Athletic socks for boots
- Casual evening/weekend clothes
- Sweater or light jacket
- Warm sleeping clothes for cold nights
- "Long johns" and coat for winter months (Oct. - Apr)
- Work gloves and rubber gloves
- Bathing suit
- Sunhat/sun glasses
- Small overnight bag for weekend travel – you may be able to use your carry-on bag

## FOR SHABBAT AND HOLY SITES

- Dress or skirt & blouse with sleeves for women
- Slacks, white shirt and kippah for men

## YOU MUST BRING

- 3 copies of your medical info form
- 3 copies of your medical release form
- 3 copies of your health insurance waiver
- 3 copies of the picture page of your passport – do not keep with passport
- 3 copies of your medical insurance card

## OTHER NECESSITIES

- Bath towels/washcloths, soap
- Toiletries you normally use
- Small pillow or inflatable pillow and case
- First aid items you normally use
- Sunscreen (15 SPF or higher)
- Shower thongs
- Flashlight and spare batteries
- Portable travel alarm
- Combination lock for locker

## MISCELLANEOUS

- Insect repellent
- Individual packs of wet wipes/tissues
- Woolite or other liquid detergent in leak proof plastic bottle for hand or machine laundry
- Small plastic container for washing clothes
- Clothesline/pins
- Travel sewing kit
- Camera/film/batteries
- Copies of all medical prescriptions, including Eyeglasses
- ATM card –check overseas use w/ Issuer
- Money belt/fanny pack/neck wallet
- Carrier for bathroom items
- Earplugs for light sleepers or for use in Noisy work areas
- Prepaid phone card w/ access no. in Israel to call home (International cell phones can be rented in Israel )
- Electrical adapter for Israel (220V / round pin plug)
- Dust masks

## DON'T BRING

Anything you would regret losing, such as expensive Jewelry or other irreplaceable items

## DO BRING

A sense of humor! Don't leave home without it!

## IMPORTANT!

Permission must be obtained before photographing anything on the base.

## EMERGENCY NUMBERS

### In Israel:

**SAR-EL Office:** 03-681-7442 or  
Pamela Lazarus, Pgm Coordinator: 052-821-9945