



# HISTORY

on the

# MOVE

## Travel Tips

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### **CLOTHING**

- No bare upper arms (shoulders) or bare knees when visiting religious sites.
- Easily layered clothes are the way to go.
- Good, comfortable shoes or sneakers. (Rubber soles are best.)
- If you are a washcloth user, bring some with you. Most hotels don't provide them.
- Pack a change of clothes and any medications in your carry-on.
- Leave your good jewelry at home.
- Don't forget your hat and a light jacket.

### **BAGGAGE**

- Pack enough clothes to last 7-10 days. Dressy clothes are not needed, so leave that tie at home. We don't dress up for dinner. Slacks or jeans are fine for men or women. Capris work well.
- There should be no charge to check one bag on our designated airline, plus a carry-on above or below your seat. (This only holds true for international flights.)
- Please get your things into one piece of baggage. While the airlines allow two pieces, HOTM does not. (The main reason for this is limited space on buses.)
- Be sure your name is on your baggage and the group luggage identifier yarn is attached to the luggage handle to assist us in identifying all HOTM tour bags. Carry-ons and camera cases need to be identified with the yarn also.

### **CHECKED**

- Pack as lightly as possible. Baggage weight limit is 23kg (50lb) (checked baggage).
- Combined height, length, width not to exceed 62 inches. Oversize will be charged a fee.

### **CARRY-ON**

- Carry-on is limited to one piece, plus one personal item (purse, briefcase, camera bag OR a laptop computer OR one item similar in size to those listed: jacket, umbrella, food or drink purchased after clearing security.)
- Combined size must not exceed 45 linear inches (height, width, length).
- Be aware that security is not exactly the same in all countries.
- Suggestion: if you are traveling with a spouse, pack some things in his or her bag. This way, if baggage is lost, you will have some clothes to wear until the airline finds and delivers your bag.

### **WEATHER**

- In Israel, the weather is very similar to Southern California (75 – 80 degrees).
- Evening temperatures can be quite pleasant.
- BE SURE TO PACK bug repellent and sunscreen.

### **ELECTRICAL**

- Most hotels have a hair dryer, but some may not. Take a small hair dryer and curling iron (if you use these) that are convertible to 220V current (Most travel appliances are.). You will still need an adaptor plug.
- For the gentlemen: electric razors should be convertible to 220V also. Verify that yours is. You will need an adaptor plug.
- We recommend that you purchase an adaptor/converter kit, which will take care of electrical needs in most countries. You can find these at Wal-Mart and Target.

## **CAMERA**

- If taking a digital camera with rechargeable battery, be sure it also takes 220V.
- Verify this in the booklet supplied by your camera mfg. You'll need an adaptor plug for this also.

## **LAUNDRY**

- Hotels offer laundry service for a fee. They do not have do-it-yourself washing machines available. Some have a line that pulls out over the tub for hand washables.
- You may want to bring a small amount of detergent for hand washing clothes. Small travel packages are available in stores that sell travel materials. Small clothespins with a hooked end are also handy.
- Pick a time to do your laundry when we are in a hotel for more than one night. This should allow enough drying time.

## **FOOD**

- Hotels provide breakfast and dinner buffets with a wide array of fish, meat, cheese, fruit, vegetables, cereals, eggs, bread, rolls, etc.
- Drinks, other than juices and coffee at breakfast, are extra.
- Bottled water is available to purchase everywhere (it is usually not included with a meal).
- Lunches are not included in the tour price. We do always stop somewhere, if you desire to purchase lunch, snack, or drink. If you want to purchase a lunch, plan on having \$10 - \$15 per day.
- We often take trail mix with us, divided in small snack bags (one for each day per person). Granola bars or dried fruit are also good to take.
- The airline will feed us meals, snacks, and drinks. All provided (except liquor or alcoholic drinks).

## **MONEY**

- We recommend travelers checks in small denominations (\$20 bills and perhaps some \$50 bills). One dollar bills are accepted most places for small purchases. You may want to take \$20 in ones. ATMs are widely available also. Don't be surprised if your American Express is not taken for a purchase.
- Change your money at the airport on arrival. They usually have a fair exchange rate. We'll be using the Israeli shekel (ILS).
- Remember to inform your credit card company that you will be traveling and where to. This eliminates problems with refusals to honor them while traveling.
- Airlines no longer take cash. **ONLY CREDIT CARDS.**

## **MEDICATIONS**

- Follow security rules for liquids. Otherwise, carry meds with you.
- We strongly suggest that you bring meds for sore throat, colds, cough, diarrhea/constipation, etc.
- For sleep (for those of you who have difficulty on the plane) try a Benadryl with Tylenol (ear plugs might work also.)
- Update your tetanus shot before we depart.
- Take sunscreen and mosquito repellent (some countries don't have screens.)
- **TAKE A GOOD BOOK AND LOTS OF PATIENCE. EXPECT TO WAIT AND YOU WILL BE PLEASANTLY SURPRISED IF YOU DON'T HAVE TO.**