

BASIC TRIP INFORMATION

TIME

Israel is seven hours ahead of Eastern Standard time, eight hours ahead of Central Time, nine hours ahead of Mountain Time and ten hours ahead of Pacific Time.

DRESS & ETIQUETTE

Dress in Israel is casual. Yes, jeans can be worn. You'll notice the checklist (attached) has a variety of apparel. You need comfortable clothes and **shoes that are safe** for walking on very smooth stones that can be quite slippery. In visiting religious sites, shoulders and knees **must** be covered. One alternative is to carry a shawl to wrap around your shoulders or bare legs.

WEATHER

Israel enjoys long, warm, dry springs and summers, and mild falls and winters, with somewhat drier, cooler weather in hilly regions, such as Jerusalem and Safed. Rainfall is relatively heavy in the north and the center of the country with much less in northern Negev and almost negligible amounts in the southern areas. Regional conditions vary considerably, with humid summers; hot dry summers and pleasant winters in the Jordan Valley and year-round semi-desert conditions in the Negev

Cities:		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Jerusalem	C	6-11	7-14	8-16	12-21	15-25	17-27	19-29	19-29	18-28	16-26	12-19	8-14
	F	43-53	44-57	44-61	53-69	60-77	63-81	66-84	66-86	65-82	60-78	54-67	47-56
Tel Aviv, Netanya, Herzliya	C	9-18	9-19	10-20	12-22	17-25	19-28	21-30	22-30	20-31	15-28	12-25	9-19
	F	49-65	48-66	51-69	54-72	63-77	67-83	70-86	72-86	69-89	59-83	54-76	47-66
Haifa	C	8-17	9-18	8-21	13-26	15-25	18-28	20-30	21-30	20-30	16-27	13-23	9-18
	F	46-63	47-64	47-70	55-78	58-76	64-82	68-86	70-86	68-85	60-81	56-74	48-65
Tiberias	C	9-18	9-20	11-22	13-27	17-32	20-35	23-37	24-37	22-35	19-32	15-26	11-20
	F	48-65	49-67	51-72	56-80	62-89	68-95	73-98	75-99	71-95	65-89	59-78	53-68
Eilat	C	10-21	11-23	13-26	17-31	21-35	24-37	25-40	26-40	24-36	20-33	16-28	11-23
	F	49-70	51-73	56-79	63-87	69-95	75-99	77-103	79-104	75-98	69-92	61-83	51-74
Dead Sea	C	11-20	13-22	16-25	20-29	24-34	27-37	28-38	29-38	27-36	24-32	18-26	13-21
	F	53-68	56-72	61-78	68-85	75-93	80-99	83-102	83-101	81-96	75-90	65-80	56-71

FOOD

Israel has great food. Most people are familiar with falafel – fried ground chickpeas served with salad in pita bread. Meat eaters will love shwarma, lamb sliced off a spit and served in pita (similar to gyros). Both are cheap nice meals. Lots of other Mediterranean specialties like shishlik (shish kebab), baklava (sweetmeat made of dough honey and nuts) and moussake (baked eggplant, minced meat, onion and parsley) will stimulate your taste buds. The Americanization of Israel also means you'll find familiar names - McDonald's, Burger King, Pizza Hut and Dunkin' Donuts. **Keep in mind that not everything in Israel is kosher. Restaurants that are kosher serve either dairy or meat and close on Shabbat. The Kosher restaurants should have a Teudat certificate either in the window or available for inspection. Unless the menu or check says otherwise, tips are not included.

WATER

The water in Israel is safe to drink; nevertheless, it is different from what you are accustomed to and people with a sensitive stomach may want to stick to bottled water. Also, Israelis don't usually put ice in their drinks, so if you want ice, ask for kerakh.

SAFETY

Forget what you've read in the papers or seen on TV; Israel is a very safe place to visit. You are far more likely to run into trouble in any major US city than anywhere in Israel. Behave in Israel the way you would in those cities. Be careful where you go at night and travel in groups when possible. Generally, it is safe in most places in Israel to walk alone at night. The territories are a different story. It is not advisable to go into Gaza or the West Bank.

One of the first things you'll notice when you arrive in Israel is the number of people carrying guns. It can be disconcerting. Soldiers carry them on the streets, in cars and on buses. Soldiers are required to keep their weapons with them, and since so many Israelis are on duty, it is common to stand next to someone on the bus with an Uzi hanging around their neck. You'll quickly get used to it and realize it's a fact of life in Israel and nothing to fear.

In an emergency, dial 101.

CLOTHING - LADIES

- _____ undergarments
- _____ socks
- _____ tennis shoes
- _____ scarf to cover the head
- _____ t-shirt and shorts
- _____ comfortable shoes/flip flops for baptism
- _____ ear plugs (w/roommate)
- _____ Insect repellent
- _____ skirts (cover knee)
- _____ blouses
- _____ pajamas/robe
- _____ slacks/capris
- _____ lightweight sweater/light jacket
- _____ umbrella
- _____ sunglasses
- _____ hat
- _____ wash cloths
- _____ soap
- _____ small amount of laundry detergent
- _____ plastic bag for dirty clothes
- _____ camera
- _____ electrical adapters
- _____ chargers

CLOTHING - GENTLEMEN

- _____ socks
- _____ slacks
- _____ jeans
- _____ shirts
- _____ light rain jacket
- _____ hat
- _____ sunglasses
- _____ camera
- _____ toothbrush & toothpaste
- _____ razor & aftershave
- _____ comb/brush
- _____ plastic bag for dirty clothes
- _____ electrical adapters
- _____ chargers
- _____ sunglasses/sunscreen
- _____ small amount of laundry detergent

ADDITIONAL ITEMS TO TAKE

- _____ hair dryer/curling iron
- _____ hand sanitizer
- _____ travel sewing kit
- _____ belts
- _____ comb/brush
- _____ cosmetics shampoo/conditioner cleanser/moisturizer deodorant
- _____ toothbrush & toothpaste
- _____ working gloves
- _____ earplugs w/roommate
- _____ Snacks while in Israel - protein bars, nuts, peanut butter, crackers
- _____ Vitamins (putting each day's medicine/vitamins in a small lunch size plastic bag takes less room and saves time).
- _____ Do not take expensive jewelry.
- _____ Mini flashlight
- _____ Address book with significant telephone numbers
- _____ Alarm clock
- _____ Tipping in Israel is the same as here in the States.
- _____ Take your airline ticket.
- _____ Take a Credit Card – call your credit card company and tell them you will be in Israel just in case you want to use.
- _____ Copy your passport, airline ticket and any credit card you take.. Leave one copy with someone you can trust and call if you need to; put one copy into your purse/wallet. Just in case you lose them.
- _____ Always carry extra prescription glasses.
- _____ Obtain travel insurance, Travel Guard is always very good.
- _____ Take your medications.
- _____ Take preventive medications, i.e. tums, advil, nausea medication, anti-diarrhea medications.

BAGGAGE FEES

Please remember that **most** airlines allow only **two carry-on luggage pieces** – one for the overhead and one that fits under the seat. **Weight restrictions** vary according to airlines. **Please check the restrictions for the flight you have booked.** Remember that additional charges apply for luggage that exceeds the weight limit.

MONEY

You can get shekels at your local bank before leaving for Israel. The conversion is usually higher at the banks and the cost of converting may be less. Check online what the conversion rate is for dollar to shekel and then contact your local bank. You will be able to convert your dollars in Israel. You may use your credit card in most places which allows tracking of your expenses more easily.

USEFUL HEBREW WORDS

Whenever you go to a foreign country, it is a good idea to familiarize yourself with the local language and customs. Most people in Israel speak English, but, with the influx of Jews from the former Soviet Union, you're almost as likely to run into someone who speaks just Russian as Hebrew. Even if you aren't fluent in the language, natives usually appreciate it when visitors make an effort to speak in their native tongue. Below are a few common Hebrew phrases that will help you get by in Israel. If you don't learn anything else, memorize "Please," "Thank you" and "You're welcome."

hello	sha-LOM
goodbye	sha-LOM
good morning	BO-k TOV
good evening	erev TOV
goodnight	lie-lah TOV
see you later	le-HIT-rah-OTT
thank you	to-DAH
please	be-va-ka-SHA
you're welcome	be-va-ka-SHA (lo-davar)
I don't speak Hebrew	AH-NEE lo m'dah-BEHR ee-VREET
Do you speak English?	at-TAH m'dah-BEHR ang-LEET
money	KES-sef
yes	Ken
no	Loh
excuse me	slee-CHA
where is	AY-fo
bus	o-to-bus
taxi	ta-ksi (mo-nit)
market	Shuk
How much does it cost?	kama zeh o-leh
Where's the bathroom?	Ay-fo ha sher-u-teem
doctor	ro-feh
hospital	bet kho-lim
police	mish-ta-rah
breakfast	a-ru-chat bo-ker
lunch	a-ru-chat tzo-ho-ra-yim
dinner	a-ru-chat erev
water	ma-yim