



CONFERENCE  
JORDAN

ISRAEL  
PACKET

# Student Leadership University 401 2023

## 2023 Overview Schedule

Please note that we will have nightly sessions at the hotel after dinner.

### Saturday, June 3<sup>rd</sup>: Depart US

- Depart Newark at 4:51 PM for Dulles (SLU Staff member Nikki Hoffpauir will be traveling with group)
- Depart Dulles at 10:00 PM for Amman, Jordan

### Sunday, June 4<sup>th</sup>: Arrival & Orientation

- Arrive in Amman, Jordan around at 3:55 PM
- Check-in to Movenpick Hotel (here for one night)
- Dinner and Private Evening Session with SLU Team

### Monday, June 5<sup>th</sup>: Petra

- Check out of hotel
- **Petra**, one of the Seven Wonders of the Ancient World, Journey through the once-hidden passage to the Treasury. Stroll the two-thousand-year-old streets while marveling at the outstanding ruins that come to life as the sunlight changes the colors with your every step. See the awe-inspiring theatre and Palace Tomb.
- Check-in to Dead Sea Marriott Hotel (here for one night)
- Late Dinner upon return to hotel

### Tuesday, June 6<sup>th</sup>: Jordan/Israel

- Spend the morning floating in the mineral-rich waters of the **Dead Sea** and enjoying the amenities of the resort.
- Check out of the Hotel
- Visit **Mt. Nebo**, the memorial to Moses and the presumed site of the prophet's death and burial.
- Israel and continue to **Jericho** to view the ruins and excavations of the ancient city.
- Visit the **Mount of Temptation**, where Jesus was tempted by Satan.
- Visit the Baptism site just outside of Jericho, continuing north along the Jordan River into Galilee.
- Check-in to Leonardo Club in Tiberias (here for two nights)
- Dinner and Private Evening Session with SLU Team

### Wednesday, June 7<sup>th</sup>: Sea of Galilee, Capernaum

- Enjoy a morning boat ride on the **Sea of Galilee**.
- **\*Capernaum**, visit the site where Jesus started His ministry, the house of Peter, and the synagogue where Jesus taught.
- Climb the **Mount of Beatitudes** overlooking the Sea of Galilee and the surrounding areas.
- Drive down to **Tabgha** on the shore of the Sea of Galilee, the site of Peter's restoration and where Jesus performed the miracle of the loaves and fish.
- You have the opportunity to **be baptized in the Jordan River**, the same waters as Jesus.

- Dinner and Private Evening Session with SLU Team

#### **Thursday, June 8<sup>th</sup>: Mountains of Jerusalem/Bethlehem**

- Check out of the Hotel
- Stop at **Mt. Precipice** for a panoramic view of Nazareth, Cana, and the Jezreel Valley.
- Explore **Megiddo “Armageddon,”** a very important strategic point on the Via Maris connecting Egypt and Damascus.
- **\*Mt. Carmel** for a visit to Elijah’s cave.
- Visit the picturesque **Caesarea Maritima**. Marvel at the Roman theater and the ruins of Herod’s seaside estate.
- Check into Lady Stern Hotel in Jerusalem (here for five nights)
- Dinner and Private Evening Session with SLU Team

#### **Friday, June 9<sup>th</sup>: She’An, Masada, & Jerusalem**

- Travel south along the Jordan River.
- Visit **Beit She’an**, the leading city in the Decapolis and place where the Philistines hung the bodies of King Saul and his sons on the city walls.
- Continue to **Qumran**, the site where the Dead Sea Scrolls were discovered by a shepherd boy.
- Travel to **Masada**, the massive desert fortress built by Herod the Great which was used as a stronghold by Jewish zealots who committed suicide rather than surrender to the Romans.
- Stop at **En Gedi**, the desert oasis where David found refuge from Saul.
- Visit **Wadi Qelt** and view the Valley of the Shadow of Death before continuing your drive through the Judean Desert and to the Holy City of Jerusalem.
- Dinner and Private Evening Session with SLU Team

#### **Saturday, June 10<sup>th</sup>: Jerusalem & Bethlehem**

- Begin the day on the **Mount of Olives** at the Chapel of Ascension.
- Observe the **Kidron Valley** and take in the spectacular views of the Temple Mount.
- Follow the **Palm Sunday path** and spend time in quiet reflection and prayer as you visit the **Garden of Gethsemane**.
- **\*Drive south to the little town of Bethlehem for a visit to the Church of Nativity.**
- Visit the **Shepherd’s Fields** with views of the Fields of Boaz and Ruth.
- **Valley of Elah**, where David defeated Goliath.
- Dinner and Private Evening Session with SLU Team

#### **Sunday, June 11<sup>th</sup>: Jerusalem**

- Step into history as you enter the Old City of Jerusalem.
- **\*Visit the Temple Mount** where Solomon’s Temple and later Herod’s Temple once stood.
- Visit the **Church of Saint Anne**, the **Pool of Bethesda**, the Lithostrotos, Pilate’s Judgment Hall, and Antonia Fortress.
- Walk the Via Dolorosa



- Visit the **Western Wall** and the **Southern Steps**.
- Go beneath the old city to visit the Western Wall Tunnels and see remnants from the days of the Second Temple, which was destroyed by the Romans in 70 AD.
- Dinner and Private Evening Session with SLU Team

#### **Monday, June 12<sup>th</sup>: New Jerusalem & Garden Tomb**

- Get a bird's-eye view of the ancient city of Jerusalem from atop the Old City walls via the **Ramparts Walk**.
- Mount Zion for a visit to the Upper Room of the Last Supper, as well as the Tomb of King David and the **House of Caiaphas**.
- Experience the **Garden Tomb** and Gordon's Calvary, the site where Jesus was crucified, buried, and resurrected.
- Visit the **Shrine of the Book**, home of the famous Dead Sea Scrolls. You will also visit a model of Jerusalem depicting the city as it was laid out during the time of Christ.
- Visit the **Yad Vashem Holocaust Museum**.
- Walk below the City of David through **Hezekiah's Tunnel**, which connects the Gihon Spring with the Pool of Siloam.
- Dinner, freshen up and transfer to the Tel Aviv Airport.

\*These sites require men to wear pants for entry. Ladies are fine in calf length capris.

#### **Hotel Information**

##### **Movenpick Hotel June 4 - 5, 2023**

Tourism St, Petra, Wadi Musa

+962-3-215-7111

[www.movenpick.com/en/middle-east/jordan/petra/resort-petra.html](http://www.movenpick.com/en/middle-east/jordan/petra/resort-petra.html)

##### **Dead Sea Marriott Hotel June 5 - 6, 2023**

Dead Sea Rd, Sweimeh

+962 5 356 0400

<https://www.marriott.com/en-us/hotels/qmdjv-dead-sea-marriott-resort-and-spa/>

##### **Leonardo Club Hotel June 6 - 8, 2023**

Banim 1, Tiberias

+972-4-671-4444

[www.leonardo-hotels.com/tiberias/leonardo-club-tiberias](http://www.leonardo-hotels.com/tiberias/leonardo-club-tiberias)

##### **Lady Stern Hotel June 8 - 13, 2023**

Jaffa St 204, Jerusalem

+972-2-636-5555

<https://ladysternhotel.com/>

## Frequently Asked Questions

### Travel/ Flight Questions

#### Do you have any flying tips for SLU 401?

- If your flight is delayed, or if you have an emergency on the travel date, you can contact our SLU 401 launch team at your designated airport or our Orlando office at (888) 260-2900. You will be emailed your airport contact person's information one month before the trip.
- For sleeping on the flight, try Dramamine, Advil or Tylenol PM, or Benadryl with your doctor's permission.
- When you arrive for your international flight: immediately check-in and get your boarding pass and then check-in with your SLU staff member. You must be at the departure gate one hour before for your flight, so you are ready to board.
- Make sure you eat the meal provided by the airlines before you land as your first meal in Israel will be dinner.

#### What about possible travel security issues?

Remember that SLU doesn't *send* your child on these trips; we *take* your child. We would never risk your child's safety or our own. We actively watch for updates from the government on security issues or concerns. We are prepared to adjust the schedule as needed. Also, all travelers should consider registering at <https://step.state.gov/step/> through the US Department of State as it allows them to better assist you should an emergency arise either at home or abroad.

#### Do you post social media updates on the trip?

For security reasons, neither SLU staff nor SLU participants are allowed to post on social media while on the trip until we have left a location.

### June 3, 2023 Travel Day Tips\*

\*sent from Nikki Hoffpauir

**SLU Contact:** If your flight is delayed or if you have an emergency on the travel day, you can contact our SLU 401 launch team staff members at the airport – **which is me: Nikki Hoffpauir (202) 549-6065**. Sometimes it is hard to hear in the airport, so texting works great. Just remember to tell us who you are. Please **ONLY use this number on June 3, 2023**. Any questions before this date can best be handled by one of our team members in the Orlando office at (407) 248-0300 ext. 20.

#### Your luggage- how to get it to Israel:

- When you check in at your US departure city, ask if they will check your luggage through to Jordan. Sometimes they will allow this, but often they won't. It depends on the airline, the agent, the day, the color of the moon – no one knows – but one thing you can't do is argue or attempt to alter Middle East security. Say "yes, ma'am, yes, sir" and step on through. YOU ARE

RESPONSIBLE for seeing the luggage tag and where it will go. **You will be receiving your copy of your e-ticket from our travel partners in the mail next week.**

- If they agree to check your bag through, you **MUST** check the luggage tag the airline gives you and confirm it says to Jordan or you risk not seeing your luggage for a couple of days.
- If your bags are just checked to Newark, you **MUST** go to baggage claim, pick it up, and recheck it at the United counter onto Jordan.
- **Your carry-on bag is your best friend:** It is always good to make sure that you have a couple changes of clothes in your carry-on and that the things you can't live without for the trip are in your carry-on bag. My luggage never made it to Israel on one of our previous trips (they found it 4 weeks after I had already gotten back to the US), so I was glad to have the essentials with me. It also gave me a great excuse to buy some authentic Middle Eastern clothes that I will make sure to pack again this year just so you all can enjoy my new style too 😊.

## What to do once you arrive in Newark:

- Once you have checked your luggage, got your boarding pass, and gone through security, you may then grab something to eat or do some shopping.
- I will be at the gate 1 ½ hours before departure with copies of everyone's syllabus to pass out for the flight as you get to the gate. For those not traveling with SLU, I will have your copies for you at the hotel in Jordan the first night.

## What to do once you arrive in Dulles:

- **About United International Screening:** They have very high safety ratings in the industry and part of this is because of their rigorous screening process for the Middle East. This is great because it gives us confidence about who we are traveling with, but I did want you to be prepared for questions when you check-in. Please answer them honestly, take them seriously, be brief, and you will be fine.
- Some questions you may get and how I might answer them are as follows:
  - *Why are you travelling to Jordan and Israel?* **I am traveling as part of Christian leadership trip, and I want to go where the history of my faith began.**
  - *How many are in your group?* **Our total group is 56, but some have travelled on other flights.**
  - *Do you know everyone in your group?* **No, but our group leader Nikki Hoffpauir is taking responsibility for this entire group.**
  - *Where are you staying?* For this answer, you do have all the hotels we are staying at listed in your syllabus as well as on the schedule in the conference packet.
- **1 hour before the flight-** you must be at the departure gate for your flight, so you are ready to board. **This is very important. In years past, they switched the gate three times in the four hours we were at the airport so we must make sure that everyone is at the correct gate. You don't want to miss this trip because you are in the wrong place!**

**What to do once you arrive in Jordan:** Once you arrive put on your nametag and stay with the rest of the SLU group. Collect your luggage, go through customs, and I walk you to our contacts who will handle our Jordanian Visa, walk us out to the bus and meet our guide.

## Packing Tips, and Money

### **What type/amount of luggage should I bring?**

Bring ONE piece of checked luggage. Although the airline allows two, we don't have room on the bus for more than one per person. Also in hindsight, many participants wished they had packed a size up on their suitcase, so they had more room for souvenirs. In addition to your large suitcase, you can bring one carry-on / backpack as you will need this for traveling on the bus each day. Pack any medications, toiletries, and a change of clothes in your carry-on in case your luggage arrives later than you do. Go to [www.tsa.gov](http://www.tsa.gov) for up-to-date information as this ruling is subject to change.

### **What is the dress code for 401?**

- Usual SLU rules apply – Dress modestly. We will be hiking around most of the trip so it is simple – wear something that you can do a lot of walking in. In general, jeans are fine for everyone (but may be too hot for the climate); long shorts (touching the knee) are fine in most situations for guys except at specific sites (Mt. Carmel, Capernaum, Temple Mount, and Bethlehem), but no shorts for ladies on this trip except the water activities – basically ladies' knees must be fully covered during the entire trip, so pack calf-length capris instead of shorts.
- T-shirts that do not have slogans are great (you never know how your logo or slogan will be interpreted internationally, so it is best for it to have no writing on it at all). Shirts need sleeves to fully cover the front and back of your body.
- **NO flip flops or sandals without a back strap** are permitted during SLU 401. LOTS of walking every day in a variety of conditions (climbing over rocks, dusty roads, etc.), so think about the shoes you bring. We recommend a good pair of tennis shoes or a good pair of hiking sandals with a back strap (like Teva's or Chaco's...but if you get those make sure you break them in before the trip). Think: In what shoes can I ride horses, climb mountains, navigate rocks, walk for miles uphill and down, not twist my ankle in, and walk quickly?
- Pack light! Think in terms of two tops for one bottom. Only take items you truly need. Too much stuff can be a burden on your trip. Pick out what you think you need and cut it in half.
- **Those who do not adhere to the dress code will miss out at certain sites as these are the site's rules, not SLU's.**

### **General Packing Tips:**

- Tips from SLU Staffers on what they pack:
  - **Guys:** I generally just get away with packing a mix of shorts and hiking pants for the trip. It is hot, so I make sure everything is breathable. I pack one pair of hiking sandals or tennis shoes. The sites that require guys to wear pants are spread throughout the trip (and I don't want to



wear pants all day) and so the hiking pants that zip from shorts to pants are great. One year, I made the mistake of just packing shorts, and I missed out on some great opportunities because of it. Finally, a good hiking hat that covers the back of the neck is a must.

- **Ladies:** I have made it through the trip with packing all calf-length capris, modest, short-sleeved tops, one very cool hiking hat☺, and one good pair of Chaco's. Then, I also pack one ankle-length skirt (or pants are good too) and a long-sleeved cover up (or large scarf) that can go in my bag for the days we are at certain holy sites (Bethlehem and one Israel site). This allows you to cover up when you need to without being in clothes that are too hot.
- Roll your clothes rather than folding them. Many travel experts agree that rolling is superior to folding. Tightly rolled clothes take up less space and are less likely to wrinkle.
- Put a dryer sheet or two in your suitcase. Not only are they very light, but they will also keep your clothes smelling fresh.
- It will be hot, hot, and did we say, hot? Hats are a good idea; sunglasses and sunscreen are essential!
- As always, if you are in doubt, don't bring it! You don't want to miss an important occasion or site because of your dress.
- Essentials that **you must pack for the trip: sunscreen, towel for water activities, a good hat** (have you noticed we mentioned this a couple times), **sunglasses, your Bible** and **pen** – you will be taking lots of notes!
- Small snacks that fit in your bags are great: peanut butter crackers, almonds, and energy bars are really helpful between meals.
- A good book or games for the bus; we have a couple days we are driving quite a bit.
- The rolls of travel toilet paper can be a lifesaver or just a roll from your house half full (not too big to carry with you). Bathrooms, especially when we are in Jerusalem, don't always have toilet paper, so always make sure you have toilet paper and hand sanitizer in your bag.
- Pack or purchase an Israel adaptor for your electronics in Israel. One will be sent to you from our travel partners.
- Pack your sense of adventure! Trying new food, having new experiences, and meeting new friends in Israel is half the fun!
- **Water Activities:**
  - **Dead Sea:** Bring a ONE-PIECE bathing suit, a cover up, and beach shoes. Also, bring a plastic bag for your wet bathing suit. You will have an opportunity to shower in your hotel room after going into the Dead Sea, so the cover up is just for walking to and from the private beach.
  - **Baptism:** For your comfort, please understand the following about this experience:
    - Your suitcase will be packed and locked under the bus on this day. You will not have access to it, so you need everything for this day in your backpack.
    - Bring a towel from home and a plastic bag for wet clothes.
    - Dress is the same as the Dead Sea. Normally the Baptismal site provides white robes, so everyone needs a one-piece suit to



wear underneath. Gym shorts and T-shirts are good to have with you to put on afterwards.

### **Do you recommend traveling with a cell phone?**

This is up to you, but it is important that you review your cell phone plan before travelling overseas. Many carriers offer temporary international plans, called “Travel Pass”, and the cost varies for calls, data, and texting. Most of our hotels have internet access for free in the lobby so many participants, who do travel with cell phones, bring them so they can use them on the wi-fi at hotels. You will just want to make sure all data services are turned off if you intend to do this, so you do not get charged roaming charges – it can be costly! We also recommend WhatsApp for communicating while traveling.

### **What about changing money, and how much money do we need to bring?**

- Money for water is essential – bring at least \$120 for drinks, souvenirs, and emergencies. Bottles of water can be purchased for \$1 per bottle on the buses in Israel and our staff usually goes through 6-8 bottles a day. Bringing plenty of \$1 bills is important for getting water. Other optional costs include group photos at sites that range from \$5 to \$7, the horse ride up to Petra is included but a \$5 tip is recommended for the guide, and a few dollars for tips because we will occasionally encounter performers or a fun option to ride a camel while we are touring.
- While credit cards are accepted in most places, some of our shopping will take place at special local venues and booths where you may feel more comfortable using cash instead of credit cards.
- In Israel, the currency is the New Israeli Shekel and in Jordan it is the Jordanian Dinar. Money can be changed at your US departure airport (if you have time) at the currency exchange or sometimes at your local bank in the US. Yet, for the last couple of years, our staff has used US dollars (instead of changing over money) because they are accepted everywhere. It is important to bring your money in small bills (\$1's and \$5's). You will not get a good deal if people see a larger currency.

### **Would you use a debit card overseas?**

Typically, our staff does not do this since sometimes banks put a hold on the money in your bank account for a couple of days. Even though some debit cards can be used as credit cards, our staff choose to use “credit card only” cards and only used those for some serious souvenir shopping like the Dead Sea Mud or Olive Wood Carvings. Before your departure, be sure to alert your credit card company that you will be using your card overseas.

### **Outside of my registration fee, what other expenses should I plan for on this trip?**

- If you select one of the designated flight paths provided by SLU (includes specific domestic departure cities), your roundtrip international airfare is included in your registration. However, it is your responsibility to arrange transportation to and from this domestic departure city.
- Most restaurants do not include drinks in the meal. Sodas or other drinks can be purchased at \$2 to \$4 per glass.
- SLU participants will need to contribute a tip for our drivers, hotels, restaurants, and guides. All participants should bring an additional \$100 in

cash for this. Please bring this in US currency and have this ready to be collected upon arrival in Israel the first night at the SLU meeting.

- Some bathroom facilities charge for use, so you will need some small bills or change for this as the need arises.

## **General Questions**

### **Do I need to bring a medical release form?**

- **Groups:** Group leaders must bring a medical release form for any minors attending without a parent/ guardian and keep them with you at all times during the program. Medical Release forms must empower your group leader (not SLU) to authorize medical treatment for the students you are bringing to the program.
- **Singles:** Any student attending without a chaperone must complete the SLU Medical Release Form during the online registration process.

### **Is there an emergency contact?**

You may contact SLU at 407-248-0300, ext. 20, and a staff member will get the message to us as quickly as possible. We are constantly on the move at 401, and it is difficult to know whether we will have phone service at any given time. You may also leave a message at any of the hotels as shown on the itinerary, and they will contact us in our room or leave a message.

### **How do you deal with discipline issues?**

We are a premier leadership training organization, and we do not babysit. We operate on an honor system. Roommates are to hold each other accountable. Our standard rule is that a breach of conduct results in an immediate phone call to the parent and the student being sent home on the next available flight **at the expense of the parents**. Remember as you are traveling that you represent someone – your group, your family, your country, our Savior. Don't play into the stereotype that people don't like about tourists. Make sure you use wisdom in how you carry yourself and set an example.

### **Are dietary restrictions or food allergies able to be met on 401?**

If you have special dietary restrictions or food allergies, they must be submitted to SLU at the time of registration. If something comes up after registration, you can update your registration information up to 60 days before departure by [clicking here](#). Please be sure to offer specifics on what you cannot eat and what can be substituted. We will make every effort to accommodate, but there may be certain times when this is not possible. We strongly recommend that you bring prepared foods or snacks with you that are compliant with your dietary needs since not all dietary restrictions can be accommodated while traveling internationally.

### **What if I have special medical needs?**

SLU is not equipped to provide medical assistance such as injections, etc. Please send a detailed explanation by email to [nikki@slulead.com](mailto:nikki@slulead.com) of your medical condition

and needs so that we can assess whether we can assist you. **It is the responsibility of the individuals to contact SLU prior to registration concerning any specific medical issues.** Always pack a backup of medications in case one is lost and bring the names of your prescriptions, and the doctor's contact information.

## **Do I need to bring any medications?**

If you are taking prescription or over-the-counter medications, be sure to pack enough to last your entire trip, as well as a little extra in the event of unexpected delays. Carry each medication in its original container with the label and pack it in your carry-on bag. Traveler's diarrhea and/or upset stomach are the most common conditions for travels. It is recommended to bring Imodium AD and/or chewable Pepto Bismol tablets.

## **Will hotels have hair dryers and irons?**

The electrical current in Israel is 220 volts with a Type H power socket. If you want to use shavers, curling irons, and hairdryers you will need both a power converter and an adapter. For small electronics, such as phones and tablets, you will only need an adapter. Power converters can be purchased at most retailers; be sure to check whether or not the power converter is made for appliances like hairdryers and curling irons. Most of the hotels have hairdryers in each room. Yet, your best bet is to bring clothes that don't wrinkle and have a flexible mindset if you can't use a blow dryer.

## **What should I be doing right now to prepare for the trip?**

Be prepared! Spiritually, focus on the Great Commandment and pray for a deep love for our Lord and the ability to express who He is. Check out the website for information specific to Israel as well as our [recommended reading list](#). Finally, as we will literally be walking through Scripture during the trip, read the 12 books of History in the Old Testament (Joshua – Esther) and the 4 Gospels in the New Testament (Matthew – John).

## **What can I expect from SLU prior to the trip?**

*Approximately two weeks before the trip, you will get the following information via email from us:*

- Electronic copy of the SLU 401 Syllabus (you will receive the printed copy once you arrive at SLU 401), updated schedule and travel tips.

*You will receive in the mail from our tour partners Signature Tours:*

- E Ticket Copy
- Name Tag, Luggage Tag, Converter, and some travel goodies



## SLU 401 Packing Suggestions Check List

Since this conference packet is full of suggestions on what you need at SLU 401, here is a summary list, so you have everything in one place. Make sure you read the entire conference packet, so you don't miss any details.

### THE ESSENTIALS:

- ☐ Your sense of adventure and flexible attitude
- ☐ Suitcase (bring a larger one if you plan on getting a lot of souvenirs)
- ☐ Small bag to carry things on the bus with you as well as that can be comfortable to wear while out in hot sun to hold water and snacks.
- ☐ Passport and Xerox copy of your passport
- ☐ Plenty of disposable masks and hand sanitizer.
- ☐ Clothes that follow dress guidelines
- ☐ Good shoes you can walk/ hike in (make sure you break these shoes in before the trip). Also, you want to make sure your shoes have good grip on the bottom for walking in Jerusalem (stones we walk on are slick in some areas)
- ☐ \$100 tip money in US currency to give to SLU staff upon arrival in Jordan at the hotel the first night
- ☐ Bible (We suggest a Bible with room for notes and not a small travel bible. You will want to mark in your Bible the day we are at certain places in Scripture. It is really cool to look back on this.)
- ☐ Pen/ highlighters
- ☐ Sunscreen
- ☐ Towel and clothes for water activities
- ☐ Sunglasses and good sun/ hiking hat that covers your neck
- ☐ Israel convertor
- ☐ Toiletries
- ☐ All Medicines (including copies of prescriptions), plus it is also a good idea to pack a small medical kit with items like band-aids, sleep aids for the plane, and medicine for headaches or nausea (Imodium).

### SUGGESTIONS TO SET YOU UP FOR SUCCESS:

- ☐ Phone/ camera to take pictures with
- ☐ Extra charger/ battery pack for phone to use during the day
- ☐ Travel alarm clock/ watch
- ☐ Journal
- ☐ Spending Money (we recommend at least \$120 in small US bills)
- ☐ Lots of snacks
- ☐ Rolls of travel toilet paper/ tissues/ hand sanitizer
- ☐ Good book or games for the bus rides
- ☐ Bring your own ear buds to use with the guides instead of having to use the provided headphones (needs to be the old plug-ins - not new iPhone plugs)
- ☐ Plastic bags for wet or dirty clothes

### EXTRAS:

*What some past participants really liked having with them, but we admit is not for everyone.*

- ☐ Water bottle carrier
- ☐ Neck pillow for plane
- ☐ Cooling neck towels (especially for Masada days)