

ATOI 2023 - WHAT TO PACK: GUIDELINES

Maximum baggage allowance - 23 kgs per person

Maximum hand luggage allowance - 8 kgs per person

Sufficient clothing for 2 weeks must be packed, and students must be able to carry their own luggage. The weather should be very warm and summer-like. However, some items of warm clothing are essential for cold evenings. **All clothing must be named.**

All students may travel in casual clothing (as outlined below), and will be given an 'ATOI 2023' T-Shirt which must be worn on the day of departure. (This shirt will also be worn on other outings where we need to be able to see students easily).

Please read below for guidance on what clothing is acceptable and unacceptable.

General Clothing Guidelines:

- All tops must have sleeves, and be long enough to overlap trousers/skirts.
- Midriff and chest should not be shown at any time.
- No back cutouts are permitted.
- No offensive logos will be permitted.

Students who wear items of clothing that do not meet these requirements will be asked to change, so please shop and pack sensibly.

BOYS AND GIRLS

- 14 sets of underwear
- 12/14 pairs of socks
- 10 t-shirts/tops with sleeves
- 5 pairs of shorts (knee length and below)
- Pyjamas
- 1 warm sweater and 1 lightweight sweater
- 3 pairs of shoes: one pair of trainers, one pair good walking shoes/trainers (Please note you do not need to purchase expensive hiking boots) and one pair of sandals.
- 1 pair of water shoes/sandals/old trainers for water hikes (must have ankle support. (Flip flops will not be acceptable)
- 2 baseball caps, one to be worn every day and a spare

BOYS

- 2 or 3 casual pairs of trousers
- 1 pair of swimming shorts (knee length) to be worn with (see below)
- 2 dark-coloured t-shirts/rash vest to wear for swimming and water hikes

GIRLS

- 2 or 3 casual pairs trousers/ knee-length skirts
- 1 swimming costume/bikini to be worn under clothes during water hikes (see below)
- 1 pair long (knee length) shorts or swimming shorts to wear over swimming costumes
- 2 dark-coloured t-shirts/rash vest to wear over swimming costumes

SHABBAT (*Shabbat clothes will be for Friday night AND Shabbat day*)

BOYS

- 2 or 3 pairs smart shorts or trousers for Shabbat (**not denim**).
- 4 shirts/polos
- 1 smart jumper
- 3 kippot (with lots of clips!)

GIRLS

- 2 or 3 smart, knee-length (or longer) skirts/dresses (**not denim**)
- 4 smart tops (must have a sleeve, and not show any midriff, chest, or back)
- 1 smart jumper/cardigan

OTHER ITEMS

- Toiletries (shower gel, shampoo, toothpaste/brush, deodorant, soap)
- Sunglasses
- Sun block/high factor sun cream (minimum spf 20+ factor)
- Beach Towel (bath towels will be provided in all locations)
- Rucksack/backpack for travel/tiyul – every student will be given a small water carrier rucksack
- Alarm Clock (optional)
- Torch
- Siddur – please bring Blue Tribe Siddurim or green 'Chief Rabbi' siddur
- Boys must each bring their own pair of tefillin*
- Book or magazine for Shabbat (optional)
- Music player and camera (optional) – please note that all phones will be collected and may not be used for this purpose (even if the sim card is removed)

* If you son does not own a pair of Tefilin, please contact the JiEP department for information on how to obtain one.

SPENDING MONEY

Please give your child their Shekels in two separate, sealed envelopes, clearly stating your child's name, Week 1/Week 2 and the amount of money in each envelope. Each coach leader will hold these envelopes to give to students at the appropriate times.

Please ensure you child only has Shekels as there will not be an opportunity to convert any money.

MEDICATION

Students must bring all medication (including seasonal and over the counter pain killers) with them (e.g. Hayfever pills, paracetamol, ibuprofen). These should be handed to coach leaders when checking in the morning of your flight.

All medication should be in a clear zip lock bag, clearly labelled with your child's name and include instructions and emergency procedures (if necessary).

MAXIMUM LUGGAGE WEIGHT IS 23 KG. it is your responsibility to weigh your child's luggage at home.

ANY EXCESS WILL BE UNPACKED AND LEFT BEHIND.

One piece of hand luggage is permitted (no exceptions), maximum weight is 8kg.

Please make sure that there are no sharp objects in the hand luggage (e.g. nail scissors).

Please make sure that there are no liquids in excess of 100ml in hand luggage in line with recent restrictions. Please pack all toiletries in main luggage.