

Holy Land Pilgrimage — Packing Checklist

February 25 – March 6, 2026 • Israel (Galilee + Jerusalem) • Practical guide for pilgrims

1) Travel Documents & Essentials (Carry-on)

- Passport (valid at least 6 months beyond travel dates)
- Photo/copy of passport (store separately from passport)
- Travel itinerary + emergency contact info
- Wallet: credit card + small cash for incidentals
- Travel insurance information (if applicable)
- Pen for forms + small folder/envelope for documents

2) Health & Comfort

- All medications in carry-on (bring extra 2–3 days)
- Prescription list (or photo of labels) for travel
- Blister care: Moleskin / blister pads + Band-Aids
- Pain relief (Tylenol/Advil), allergy meds, stomach meds
- Small first-aid kit (optional but helpful)
- Electrolyte packets (especially helpful on Masada/Dead Sea day)

3) Daily Pilgrimage Items (Day Bag)

- Small day backpack or cross-body bag
- Refillable water bottle
- Sunscreen + lip balm (dry climate)
- Sunglasses + hat/cap
- Portable phone charger/power bank
- Light snacks (protein bars, trail mix)
- Rosary, small Bible/devotional, journal + pen

4) Clothing & Shoes

- 1–2 pairs broken-in walking shoes (most important item!)
- Supportive insoles (recommended)
- Comfortable socks you trust (consider thicker walking socks)
- Light layers: cool mornings / warm afternoons
- Light jacket or fleece
- Rain jacket or compact umbrella
- Modest church attire: shoulders covered; skirts to the knee ***Shorts are *not* permitted***
- Sleepwear + basic toiletries

5) Special Day Items: Masada & Dead Sea

- Swimsuit
- Water shoes / sandals (rocks/salt can be uncomfortable)
- Small towel (or hotel towel if allowed)
- Extra water + sunscreen

6) Electronics & Adapters

- Phone + charging cable(s)
- Camera (optional) + extra memory card
- Earbuds
- Power plug adapter (Israel commonly uses Type C / H plugs)

What NOT to Pack

- Brand new shoes (blisters will ruin days)
- Too many outfits
- Valuables/jewelry you'd be heartbroken to lose
- Heavy books — use a small devotional/journal instead

Goal: A prepared body makes room for a peaceful heart. Comfort and endurance help us focus on prayer.