

Check list for our pilgrimage May 2015

This is compiled from various lists to make checking you have everything covered. You will of course need to personalise it for yourself.

Here goes:

- Take some form of alcohol hand rub and use it. For flights keep it under 100 ml.
- On the plane consider the following: warm sox, scarf & even a beanie, 'dry eye' drops & saline nasal spray, disposable toothbrush & tiny mouthwash, barley sugar lollies to suck. Walk around the plane and drink lots of water.
- Modest clothing – think carefully about the clothing you pack, so as not to cause offence. Shoulders and legs must be covered at many holy sites. Shorts are alright for men in some/most circumstances.
- Cool clothing is essential as mostly it will be hot and dry – over 30 degrees.
- Don't take too much clothing – if possible keep it simple.
- You must have a very good hat that shades your head completely.
- Laundry facilities are usually available (sometimes for a small fee).
- When going to Galilee and Assisi you will only take an overnight bag. Have a small travel bag or back pack you can take. Again simplicity is the norm.
- Getting shekels in NZ is almost impossible and unnecessary. Take some US dollars and Euros. However, there are ATMs within walking distance of each place we go to. It's useful to have some local currency from the start. It's a good rule of thumb to carry US\$10 in US\$1 notes for all sorts of interesting things that may arise. Having bank notes of large denominations is an embarrassment. Keep some coins handy for beggars if you choose to give in such a way. Make sure there is nothing of value in your pockets! Always. Keep credit cards in different pockets of your bag and if possible in front of you.
- Make a copy of your passport and take this with you every time you leave the College compound.
- The main credit cards and cash cards are widely accepted.
- It is good to have a list of the following in your bag and where someone can find it at home: numbers (not pass words) of all cards in your bag so if lost you can give them to the bank in NZ; contact details for insurances; pass port numbers; contact details for someone at home; medical details.
- If you use a back pack, either lock it each and every time or slip a large safety pin through the zipper every time you go out. Truly. If you are caught in a crowd, turn your pack to your front. If you have a 'bum bag', again secure the zip with either a small lock or a pin.

Every time. Carry your passport on the plane (it is good to have it in a safety pouch that sits next to your skin).

- **On the plane into Tel Aviv carry with you on the plane a copy of your college course and payment receipts.** Israeli security will interview you at your point of departure directly prior to Tel Aviv (TLV) and they may ask the reason for travel and who financed your trip. Remain calm, only answer the questions you are asked, answer honestly, smile and make eye contact, keep answers briefly.

Humour and small talk are best avoided.

- Don't leave home without pills for tummy 'issues' and take some onto the plane with you! Always carry any prescription drugs on the plane with you - never in checked through luggage - and carry a letter from your Doctor listing your medications.
- **Fitness:** There will be quite a lot of walking on a variety of surfaces and gradients. A moderate level of fitness is required. You must have good walking shoes and/or good walking sandals.
- You will need a small back pack with you daily that will contain your simple personal needs, water bottle, camera, passport (or copy).
- Cellphones use and Wi-Fi connection, etc. is not always easy. Ask your local provider for the best deal to suit you. There is internet connection in most places we will be but it is usually not free.
- Take a multi-plug that will take your technology in both Israel and Italy. Get it before you leave.
- Bring sunscreen though it is often available for purchase. If it is in your travel bag on the plane make sure it is under 100 ml.
- Postage stamps for postcards can be challenging to get in a local area. In Rome stamps are 2.50 Euros.
- Towels and linen are supplied in all rooms. Often coffee, tea and shampoo/soap are not.
- There is usually a small supermarket close to most places we will be staying - though labels will seldom be in English!
- You may choose to bring: a pocket-sized Bible (containing both Old and New Testaments).