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# ISRAEL RIDE PACKING GUIDELINES

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## Luggage and Bags

Each person is allowed one larger piece of luggage (size of a standard checked bag on airplanes), with wheels if possible, and one smaller bag (size of a carry-on). Your smaller bag can serve as your “day bag,” which can be stored under the sweep bus during the day and is accessible at lunch. If you are Shomrim, you can place extra clothes or shoes in your day bag for the touring portion of the day. We recommend using a backpack as your day bag as you may need to ride with it for short distances.

Our crew moves over 250 pieces of luggage each day, so please keep your bags to under 50lbs/23kg (standard requirements for flying). Luggage is transported in a large truck which is packed tightly. Remember that we are traveling through the desert so bags can get dirty.

While our crew transports everyone’s luggage between hotels, and most of our accommodations have porters who will move your luggage for you, you will occasionally need to bring your luggage to your room or to the lobby. Please be prepared to either wheel your luggage and/or bring your luggage up at least one flight of stairs. At least one hotel is only accessible by stairs so it is essential for you to pack lightly and in one bag.

Bicycle boxes are transported directly to Eilat where they are stored until the end of the Ride. If you have a piece of luggage you do not need until Eilat, you can also store that on our truck for the entire week.

## Bicycle Clothing

The Israel Ride provides one jersey to every rider, which we ask that you wear on Wednesday (the first day) and Sunday. In addition, we recommend bringing two or three other jerseys. Many riders wash their bicycle clothing at some point on the ride (a hotel sink is usually fine as bike clothes typically dry overnight). Therefore, you do not need five complete sets of cycling clothing. Mornings can be chilly (although it typically warms up) and there is always a possibility of rain throughout the Ride. Be sure to have layers that you can wear while cycling.

A bike jersey offers some features you won’t find in a tee-shirt. Cotton shirts are **not** recommended for cycling. The main benefits of a bike jersey include back pockets, a long front zipper for temperature control, a long back and shorter front to fit well while riding and a tight fit to reduce wind drag. Biking jerseys are also made of technical material that will wick away sweat.

Bike shorts (also called chamois, pronounced “shammies”) provide comfort during long bike rides. They have padding in the crotch area, strategically placed seams, tight-fitting, flexible materials like Lycra and spandex that reduce air resistance and allow a full range of motion on the bike, and the right amount of breathability and wind block.

**You must bring your own helmet, even if you are renting a bike.** You will not be allowed to ride if you do not have a helmet and **we do not provide spares.**

## Regular Clothing

Many riders overestimate how much regular clothing is needed. Remember that you only wear regular clothing for a few hours each night from when we get to the hotel in the late afternoon until after dinner. Evenings and Shabbat are casual, although layers are recommended since it can get chilly in the desert at night.

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# ISRAEL RIDE PACKING LIST

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## Passport

- **Check the expiration date:** Israel requires passports to be valid for six months after the date of your departure from Israel.
- Israelis must have their passports in order to get on domestic flights in Israel.

## Bike Clothing

- **Helmet: Mandatory!** *Even if you are renting a bike.*
- **Sunglasses**
- **Cycling Gloves:** 1-2 pairs
- **Light Jacket, Arm Warmers, Leg Warmers:** Can be cold in the morning when we start riding.
- **Bike Jerseys:** 2-3 (*We give 1 jersey to each Rider.*)
- **Bike Shoes:** If you use them.
- **Bike Shorts:** 2-3 pairs
- **Bike Socks** (*Available for purchase.*)

## Other Bike Gear

- **Water Bottle/Bladder:** Everyone should carry 2 liters of water. *We **DO NOT** provide water bottles.*
- **Spare Bike Tubes:** 1-2 *Our mechanics have extras but bring some especially if you have smaller tires.*
- **Simple Bike Tools**
- **Bar Map Holder:** *To hold your cue sheet, available for purchase in Israel.*
- **Bike GPS / Bike Computer / phone holder**

## If you are renting a bike, we recommend bringing:

- **Broken-in bike seat or gel seat cover**
- **Pedals that match your shoe clips**
- **Speedometer/GPS**

## Off-Bike Clothing

- **Casual clothing for the evenings & Shabbat**
- **Fleece/warm layer for chilly evening activities** *especially near the Makhtesh!*
- **Warm hat that covers ears**
- **Underwear and Socks**
- **Sneakers**
- **T-shirts**
- **Bathing Suit**
- **Sleepwear**

**Jewish Ritual Items** *Only if you may be inspired to use them. We will **NOT** provide kippot, tallitot, tefillin.*

- **Kippah:** *Head-covering*
- **Tallit and Tefillin:** *Prayer garments*
- **Siddur:** *Prayer book, provided over Shabbat*

## Toiletries, Misc

- **Medications:** *BRING EXTRA, we cannot guarantee there will be pharmacies available*
- **Toothbrush, Toothpaste**
- **Shampoo, Conditioner, Body Wash**
- **Shaving Materials**
- **Hairbrush, Hair Dryer**
- **First Aid Kit with Band-Aids**
- **Sunscreen**
- **Ear Plugs, Eye Mask:** *Rooms are double occupancy.*
- **Anti-chafing cream:** *Sold in bike stores.*
- **Women's Sanitary Items**
- **Travel laundry detergent:** *Do not assume there will be laundry available.*
- **Travel adapters / converters:** *Israel uses European plugs and voltage*
- **Electronics:** *Pack in your suitcase during the day. We suggest wrapping laptops/tablets in your clothing for added protection.*

## Cash/Credit

- You can use a credit card at hotels for all purchases but cash is handy to have in Israel especially at small stores.
- We give you the opportunity to contribute to a tip pool for our crew, if you feel you received amazing service on the Ride. **Tipping is suggested at \$50-\$100 for the week.** We only accept US dollars or shekels, **cash only.**

**Do not bring anything that is not replaceable.**

You have a better chance of being reunited with your belongings if they are marked with your name.

**The Israel Ride is not responsible for any lost or missing items during the trip, even if you hand them to the staff or crew personally.**