

Travel Tips for Israel

1. Get in shape physically before you go to Israel. You will be doing a lot of walking so the better shape you're in, the easier and more pleasant your time will be. Several months prior to your trip, start walking at least 15 minutes a day.
2. Activate your credit/debit cards before departure to Israel.
3. Make sure your Passport is up to date and valid. It must have 6 months of time left before expiration (of your dates in Israel) to be valid.
4. Don't shave your body before taking a dip in the Dead Sea. The salt and minerals will irritate your skin.
5. Don't show public display of affection with the opposite sex. Especially on the Temple Mount and around Muslim sites.
6. Don't be afraid to bargain for purchases at market places. It's expected, so take part in it.
7. Establish meeting places at each site so that if for some reason you get lost or separated, you can find each other.
8. Carry a water bottle and stay hydrated.
9. Pack layered types of clothing instead of heavy clothes.
10. Carry your personal items in a safe place on your person.
11. Take a good camera or video camera.
12. Get used to people smoking as it's very common in Israel and the Middle East.
13. Many Israelis are not religious, but secular. This might seem weird, but it's true.
14. Carry a copy of your Passport.
15. Women should dress very modestly, especially when visiting the holy sites.
16. Men should wear hats when visiting Jewish holy sites.
17. Men should **not** wear hats when visiting Christian holy sites.