



Hava Nashira Insider's Packing List

In addition to all the normal things, we wanted to create a list of things returnees have found helpful to bring over the years.

- Bug spray
- Clothing layers (*it gets cold at night and in the morning*)
- Rain gear - rain coat, rain boots, umbrella
- Comfortable shoes
- Shower shoes
- Extension cord/power strip
- Kipah & talit
- Reusable water bottle
- Coffee/tea travel mug
- Throat lozenges
- External battery pack for you phone
- Recording device, if you're not using your phone
- Some snacks (*i.e., granola bar, dried fruit, etc*)
- Ear plugs (*what, I don't snore!*)