

# KOSHER WORLD ADVENTURES

OFFERING KOSHER VACATIONS THROUGHTOUT THE WORLD SINCE 2015

## KOSHER WORLD ADVENTURES PACKING LIST

- Hiking socks preferably that don't cause your feet to sweat**
- Hiking boots with a good tread and cover your ankle**
- Walking poles are all strongly recommended. The poles act like an extra pair of legs. Four legs are more efficient than two.**
- Hikers: Electrolytes, Blister prevention tape, chafing cream (better to put on in the morning as prevention)**
- Personal clothing based on layers as temperature fluctuate. So an overshirt, windbreaker or fleece. KWA does not have a dress code. Some people wear pants, some skirts, some skirts over pants, some shorts. For hiking protection, we do suggest clothing that covers most of your body.**
- Casual dress Shabbat clothing.**
- Siddur+ Chumash/Tallit Tefillin -There will be a minyan and a Sefer Torah**
- Toiletries including shampoo/conditioner**
- A towel. In the French Alps and Blue ridge there is a towel change once before shabbat**
- A poncho and rain pants. In the mountains it may rain for an half hour and then be sunny the rest of the day so we hike in a drizzle!**



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- A backpack for hiking**
- A lunch satchel/bag to put in your backpack. As you will be making and carrying your lunch with you.**
- Non-spill water bottle**
- Bathing suit**
- Sun hat and ski-cap**
- Sunglasses**
- Suntan lotion and lip balm which is crucial protection at high elevations**
- 100 euro/dollars in cash for coffees at cafes or shopping etc.**
- International travel adapter for your phone charger etc.**
- A phone plan with internet access. Wifi access is provided at the chalets/lodges yet doesn't exist on the mountains and is needed for safety reasons.**
- Your favorite granola/protein bars and or trail mix**

**Laundry detergent will be provided. There is one washing machine and dryer for the entire group**



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**Day Hiking: Can be hot, cold, sunny or rainy - all on the same hike!!**

**We will inform you via WhatsApp, before every day what the anticipated weather will be, so you can dress accordingly. Bring on each day hike, in addition to your lunch and energy snacks, the following:**

- **3 liters water**
- **sunscreen**
- **sunglasses**
- **hat**
- **rain jacket**
- **sweatshirt/fleece for warmth.**
- **Extra layers (warm sweaters) to be worn on the day we go to summits.**
- **KWA requires hiking boots.**

**We highly recommend that you break them in before the trip by wearing them for several days before the trip to soften them up and get comfortable with them.**

**And of course, a good camera/phone is an absolute must!! At the end of each day please post your pictures to the WhatsApp group. We have found that the pictures bring so much joy!**

**A VACATION WHERE EVERYONE KNOWS YOUR NAME**