

The Please Don't Forget Me List
ISRAEL & JORDAN: Walking in the Footsteps of the Masters
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We are so delighted that you are joining us for the upcoming excursion! We ask you to carefully read the following information to ensure that your experience is as physically comfortable and spiritually rewarding as possible.

Each Journey invariably includes two itineraries. On the physical part of the journey, we each travel as a member of a group to places of extraordinary beauty, power and enchantment. On the inner journey, we travel solo down a long winding road often rife with potholes, detours and rivers to cross with no bridge in sight. The inner journey requires that we bring along all our love and courage to honestly deal with ourselves to separate truth from illusion.

The inner journey is potentially the hardest one we ever make. For the physical journey we just need a sense of humor, flexibility and a properly packed bag containing all the things a physical body could need!

Mandatory items

- Passport is required – it must not expire for **6 months** or it will not be valid!
- Your sense of adventure and flexibility.
- Money for food and personal items and expenses
- Refillable water bottle and hip pack or daypack suitable for day trips.
- Sturdy, well broken in walking shoes and or sandals
- Enough of your medication for the entire trip in your carry-on bag, not packed in your luggage
- Your prescription glasses
- Earplugs – if you have a roommate

Strongly Recommended items

- A hat or visor is very important for protection from the sun.
- Sun screen and bug repellent, if critters are attracted to you!
- Sunglasses
- Travel pants that have zippers so they can become shorts are very useful, but be aware that shorts may not be appropriate in many places. Often in the morning it is cool and by afternoon it becomes warm. Make sure you have layers to accommodate any situation. If your physical body is comfortable you will find you are better able to deal with your internal processes.
- A nice set of clothing for better dining and cultural experiences. Men, bring a jacket if you want to go out in a fancy restaurant. Women, a nice pants pair of pants and top or a dress is great for better restaurants. Long skirts are great during the day too –

they are airy and great at the religious sites. A shawl can be very helpful in religious places that want your shoulders and or head covered.

- Journal for writing
- Camera, tissues and snacks
- Alarm clock to be on time!
- A lightly packed bag under 50 lbs! You can always send things to the laundry which is reasonable in cost.
- You might consider bring a small bible if you enjoy the biblical references.
- A bathing suit for the Dead Sea that you can get mud on!
- A cloth square that you can put on the ground to sit on if we are picnicking if the dirt bothers you.

Recommended Vaccines and Medications

While each person's body has different needs, we recommend the following vaccines and medications as a precaution when traveling. These recommendations are meant to prepare you so you can make intelligent choices regarding your body, *not to scare you* as they are just suggestions based on the Center for Disease Control and my own personal experience. Please consult with your own doctor regarding these suggested medications.

- Six pills of Ciprofloxin 500mg (or the equivalent if you are allergic to Cipro) to be taken twice a day for three days for severe diarrhea that lasts more than a couple of days or for food poisoning
- Pepto Bismol for mild stomach problems or diarrhea
- Imodium for moderate diarrhea problems
- Aspirin, Tylenol or Motrin for aches, pains, headaches, etc.
- Rolaids, Tums or any antacid of choice
- Benadryl for allergic reactions, bug bites or lack of sleep
- One set of ten days of Amoxicillin (or the equivalent if you are allergic to penicillin) for sinus infections, bronchitis or pneumonia
- A tube of Bacitracin or Triple Antibiotic Ointment for cuts and a tube of Hydracortisone crème for itchy critter bites and rashes
- Have you had your Measles, Mumps and Rubella vaccine?
- Tetanus shot
- Polio Vaccine
- Hepatitis B: This consists of three injections given over 6 months. All people regardless of whether they travel or not should consider this set of injections. Hepatitis B is passed through sexual relations and/or blood exchange. A person can be a carrier of this disease without you ever knowing it.
- Hepatitis A: It is recommended by the Center for Disease Control that all travelers have this vaccine. It consists of two injections given 6 months apart. You can catch Hepatitis A just from drinking a glass of water and pass it to an entire group of people from sharing water bottles, etc.
- Measles Vaccine: ask your doctor if you need a second dose
- An Epi-pen if you are susceptible to severe allergic attacks.
- Please consult your travel physician regarding the current Center for Disease Control recommendations.