



HEALTH



1. No shots or vaccinations are required to visit most tourist destinations.
2. If you haven't seen your dentist in ages, a check-up might avoid toothache on the trip.
3. If you are on regular medication, bring enough for the whole trip and carry at least a week's supply in your cabin bag. Bring a copy of a prescription, or a doctor's letter, as well. Medication should preferably carry pharmacy labels.
4. Wherever you go, be meticulous with personal hygiene. Wash your hands or use hand wipes before eating.
5. All licensed escorting guide have first aid training.
6. Walking and carrying weight can be hard on joints. If you have arthritis, or have had any surgery on your knee, hip or ankle joints, consult a physician before going on any hikes.
7. If you have any other ailments that could affect your ability to walk long distances, for example, high blood pressure, cardiovascular disease, back pain, and many other check with a physician before attempting a hike tour as they can be painful and dangerous on a distance hike.

FOR THE FLIGHT



1. Get your packing done early so you can rest for a day or two before leaving, especially if you are travelling to the Holy Land from the other side of the world.
2. Wear comfortable clothing.
3. On the flight, drink plenty of water but go easy on coffee or alcohol. Don't eat more than you need.
4. Be sure to get some exercise by walking up and down the plane occasionally or exercise the muscles of your lower legs, swirling your ankles around from time to time to keep the blood circulating.
5. Graduated compression flight stockings sold by pharmacies are recommended for long flights.
6. Try to sleep on long flights. Close the blinds wear an eye mask and ask for a pillow.
7. When you arrive at your destination, sleep according to the local time.

FOOD



1. Nutritious breakfasts and ample dinners are usual in tourist hotels, though hostels offer simpler meals.
2. Seasoned travelers usually eat a hearty breakfast, and perhaps take a piece of fruit or bread roll to eat at lunchtime (if lunch is not being provided).
3. Falafel, a fried ball or patty made from chickpeas or fava beans, is a common lunch small meal.
4. Outdoor markets may be tempting, but avoid uncooked, undercooked or reheated food; raw fruit or vegetables (unless they can be peeled or you wash them first); also and, ice cream (except for internationally packaged and labeled brands); dairy products; shellfish; food that has been exposed to flies; or dishes that require a lot of handling to prepare.
5. Regular intake of liquids is essential to avoid dehydration. While the tap water in hotels is somewhat safe, bottled water is sold everywhere, and should taste better (but check that the seal is unbroken). Canned drinks, including beer, are low-risk; but avoid ice in drinks.
6. If you are allergic to something or have a medical condition that prohibits you from eating or drinking something, please inform your waiter and your guide.

ETIQUETTE

Dressing and acting in a manner that shows respect for the host country's social and cultural values should be the pilgrim's aim. Some social rules to be aware of are:



1. Avoid public displays of affection between people of the opposite sex.
2. During Ramadan, the month when Muslims fast from dawn to sunset, eating or drinking in public in Muslim areas during the fasting hours should be avoided.
3. While it is difficult to visit the Middle East without being aware of political tension, visitors are wise to refrain from expressing opinions about it in public. Feel free to ask questions of the people you meet, but be aware that the answers you get will differ considerably, depending on the person you are talking to.

DOCUMENTATION



1. Make sure your passport will not expire until at least six months after you return home.
2. You may need a pre-arranged visa/entry permit. Visitors from most Western Countries do not require a pre-issued visa.
3. If you intend a later visit to any of these countries, ask the passport officer on arrival in Israel not to stamp your passport. You will be given a stamp on a separate piece of paper (which you will need to present on departure).
4. In case documents are lost or stolen, photocopy the first two pages of your passport, your traveler's cheques, airline tickets and travel insurance details. Leave one copy with a friend at home and take the other with you (separate from the originals) or give it to a friend who is travelling with you.
5. If you are a national to a country from which you need a visa to your destination. Make sure to have it pre-departure.

COMMUNICATION



1. Business hours and weekend closures are different from those in the Western world.
2. Most Jewish businesses are closed on Friday afternoon and Saturday (Shabbat); Muslim businesses on Friday; Christian businesses on Sunday.
3. In Muslim areas, working hours are reduced during the month of Ramadan.
4. Also to look out for the major Jewish and Muslim holidays.(example: Passover, Al Adha...etc.)