



PREPARING FOR AMCHA GIRLS 2026

FLIGHTS & DEPARTURE

Below are the **airport arrival and flight departure times** for the Amcha Girls 2026 JFK group flight:

- **Sunday, July 5**
- ELAL Flight 002
- Campers arrive to JFK at 2:30 pm
- Flight departs at 5:30 pm

Parents should bring their child to the entrance of the ELAL terminal. TSA has made it clear that parents should not enter the airport with their child. Staff will be set up outside to walk your daughter through the check in and security.

All campers must be wearing their Amcha t-shirt, which should arrive in the mail in late-May / early-June. If your child does not have their apparel, it will be waiting for them at the airport. Our staff will guide the campers through the airport, and we will send updates via WhatsApp as they make their way through.

PACKING LIST

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| ☐ Weekday shirts | ☐ Laundry bag |
| ☐ Weekday skirts | ☐ Sunglasses |
| ☐ Shabbos outfits | ☐ Reusable water bottle |
| ☐ Sneakers | ☐ Towel |
| ☐ Comfortable walking shoes | ☐ Toothbrush and toothpaste |
| ☐ Shabbos shoes | ☐ Hairbrush and hair accessories |
| ☐ Closed water shoes | ☐ Deodorant |
| ☐ Flip flops / shower shoes | ☐ Sunscreen |
| ☐ Hat | ☐ Feminine hygiene products |
| ☐ Sweatshirt | ☐ Personal care items |
| ☐ Sweater for cool evenings | ☐ Clearly labeled medications (with instructions) |
| ☐ Pajamas | ☐ Adapters |
| ☐ Underwear and socks | ☐ Siddur with Shabbat davening |
| ☐ Modest swim shirt and skirt (meets tzniut guidelines) | ☐ Spending money |

OTHER PACKING POINTERS

- ✓ All items must fit into one suitcase/duffel that meets airline size and weight requirements.
- ✓ Each girl should bring an overnight bag (for 2-3 nights when we travel without large luggage), and a backpack for daily outings. Please note: a backpack alone will not be sufficient as an overnight bag.
- ✓ We will be going to the supermarket within the first couple of days to purchase toiletries. It is recommended to bring mini/travel-size shampoo, conditioner, and soap to use until then.

LAUNDRY

There will be laundry service available 3 times during the program. Please take advantage of the clothing list. Because of travel considerations and the limitations of the 9 Days, laundry

might not be done for up to 12 days. Clothing should be geared toward the Israeli summer and the informal nature of the program.

CELL PHONE – DEVICE POLICY

At Amcha Girls, camper safety is always our number one priority. Because we are a travel-based camp, phones are an important tool for communication. At the same time, phones can be a distraction and take away from bonding and fully experiencing the trip. Our goal is to create space for real connection and being present.

To help ensure this balance, phones will be collected at various points throughout the day and returned at designated times. This may include times such as during tefilla, group activities, parts of travel, and meals. There will also be designated phone-free times, such as certain bus rides, to encourage connection and engagement. We appreciate your cooperation in helping create a meaningful, connected, and safe Amcha experience.

CELL PHONES – SIM CARD RENTAL

We highly recommend that all Amcha participants order a SIM card through the same vendor. This enables the group leaders to reach all participants immediately in all circumstances and exchange broken cell phones immediately during the trip. The order link for our Amcha group is simforisrael.com and input Amcha as your group on the last page – this will automatically apply a 10% discount :)

DRESS CODE

At Amcha Girls, we are committed to creating an environment where girls feel comfortable, confident, and connected, while maintaining a standard of tzniut that reflects the values of our program. The dress code for the entire program, including trips and Shabbos, is as follows:

- Skirts must cover the knee at all times – including while sitting, walking, and during activities.
- Shirts must fully cover the collarbone (no wide or low necklines).
- Sleeves must extend at least halfway down the upper arm. Cap sleeves are not permitted
- Clothing should not be tight, sheer, or overly form-fitting.

Our goal is not to police clothing, but to foster a respectful, uplifting atmosphere where the focus is on growth, friendships, and fun. We truly appreciate your partnership in helping us maintain these standards so that Amcha can be a positive and inspiring space for everyone.

MONEY & TIPS

We recommend \$250 in spending money for each camper for personal items (souvenirs, snacks, drinks). It is better to use ATM cards rather than cash. Cash can be held in a safe in our Israel office, accessible within a few days of a request. We urge you not to send your child with large sums of cash. There will be times set up for currency exchange by the entire group but we are not responsible for lost cash or items. Counselor tips are optional but recommended and may be sent to the camp office or distributed at the airport. Details on suggested tipping amounts will be e-mailed home mid-summer.

As always, if there is anything we can do to help with your Amcha preparations, please do not hesitate to reach out!

The Morasha Travel Amcha Girls Team