



PREPARING FOR SULAM 2026

FLIGHTS & DEPARTURE

Below are the **airport arrival and flight departure times** for the Sulam 2026 group flight:

DEPARTURE - WEDNESDAY, JULY 8

- EWR (ELAL 026) - Arrive to EWR at 5:30 pm / Departs at 9:00 pm
- JFK (ELAL 008) - Arrive to JFK at 8:15 pm / Departs at 11:50 pm
- *LAX (ELAL 006) - Arrive to LAX at 11:00 am / Departs at 2:00 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 children through the check in and security. *A reminder that **LAX flight** is not an official group flight (ie, no Sulam staff will be present / shirts available at the airport), but we recommend that the campers meet and go through security together.

All campers must be wearing their Sulam t-shirt, which should arrive in the mail shortly if it has not already. 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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| ☐ Beach Towels | ☐ Shabbat shoes |
| ☐ Underwear | ☐ Sneakers |
| ☐ Socks | ☐ Water shoes / sandals |
| ☐ Light pajamas | ☐ Tzitzit, Tefilin, Kippot |
| ☐ Shorts | ☐ Siddur w/ Shabbat Tefillot! |
| ☐ T-Shirts | ☐ Chumash |
| ☐ Sweatpants | ☐ Toothbrush/Toothpaste |
| ☐ Skirts | ☐ Laundry bag |
| ☐ Jeans | ☐ Comb, brush, deodorant |
| ☐ Slacks | ☐ Soap & shampoo |
| ☐ Sweatshirts | ☐ Flashlight |
| ☐ Shabbat shirts | ☐ Sunscreen / Sunglasses |
| ☐ Shabbat pants (Boys) | ☐ Insect Repellent |
| ☐ Bathing suits (No bikinis) | ☐ Backpack |
| ☐ Hats | ☐ Shaver / Hair dryer |
| ☐ Hiking shoes | ☐ Electrical adapters |

OTHER PACKING POINTERS

- ✓ Please bring along a small travel bag, large enough for 3-4 days of travel. We strongly advise that you bring ONLY ONE large suitcase for the trip, as more than that is not needed and will incur an additional charge by EIAI. There is no need for a sleeping bag or blanket.
- ✓ Pack some pants and colored shirts that do not become see-through when wet (for water hikes). Sturdy walking shoes and a hat are required.
- ✓ For those who wear glasses and/or contact lenses, bring an extra pair and a copy of your prescription.
- ✓ Avoid bringing expensive jewelry, electronic equipment and expensive cameras. Sulam is not responsible for lost or stolen belongings.

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 PHONES

We highly recommend that all Sulam 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 Sulam group is simforisrael.com and input Sulam as your group on the last page – this will automatically apply a 10% discount :)

DRESS CODE

We believe that we have a healthy dress code that will enable campers to dress comfortably for all activities. Additionally, Shabbat at camp is a special time and must be reflected in our attire. Please do not pack articles of clothing inconsistent with these guidelines.

Male campers may not wear sleeveless shirts to t'filla and shiurim. On Shabbat, males must wear a buttoned-down SOLID white -or- SOLID blue shirt (no 3-button polo shirts allowed), and appropriate pants (not jeans, sweatpants, or shorts) and shoes befitting for

Shabbat. A kippah or hat must be worn at all times and tzitzit, when not playing sports or swimming.

Female campers may wear jeans, sweatpants, or other loose-fitting pants. Leggings are not permitted. Skirts and shorts are permitted, but must hit the top of the knee. Softe shorts, boxer shorts, biker shorts, and tennis skirts are not permitted. All shirts must have sleeves. Sleeveless, flutter, and cap sleeves are not permitted. Necklines of shirts should not be inappropriately revealing, see-through, or cut and cropped shirts are not allowed. Please make sure that Shabbat clothes adhere to all the above guidelines.

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 Sulam preparations, please do not hesitate to reach out!

The Morasha Travel Sulam Team