

2024 Holy Land Group Meeting

August 18, 2024 11:15 – 1:30ish

Gateway Church Choir Room





11:15Arrive, get beverages/foodPick up travel bags/name tags

Introductions/Prayer

Discussion about trip topics (Debbie)

Questions

Let's learn a little Hebrew!

Yoram – Tour guide

Benny – Bus driver

Ani me' Debbie

My name is Debbie

<u>Video</u>

HEBREW	ENGLISH
Boker tov L'hitraot Erev Tov	Good morning Goodbye Good evening
Bevakasha/toda	Please/thank you
Efo ha sherutim?	Where is the bathroom?
Yom tov	Have a nice day
Ken/Lo	Yes/No
Maneshma? Ani beseder	How are you? I'm good/OK.
Sababa/hakol beseder	Don't worry/all good
Slicha (sleeha)	Excuse me
Yalla! Yalla!	Let's go!
Balagan	What a mess!
Café gadol bevakasha	Large coffee please
Efo ze?	Where are you?
She'ela	I have a question.
Ani raeva	I'm hungry.
Kama ze?	How much is this?
Efshar	Can I have
Hayom/Makhar	Today/tomorrow
Octobus	Bus

Facebook group for friends & family to follow

Holy Land 2024 for friends & family to follow our journey!



Holy Land 2024 for friends & family to follow our journey!

O Public group · 5 members



+ Invite

https://www.facebook.com/groups/627318858968949

How we will stay in touch

- WhatsApp groups one per country, already set up
- Stay together or with a friend
- Call/text Debbie or guide
- Nightly text about the next day's details on WhatsApp

Travelers & Buddies

These are to help you start put faces & names together. Your buddy is NOT your roommate! Check in with your buddy each time we get on the bus to make sure he/she is present! This helps us not lose anyone!











Maggie Mendiola **Rob & Vivian Moeller**

Debbie

Winsett

FAITH OVER FEAR 2024 - GREECE

Karen & Doug Al & Ray

Frances & Helen

Brian & Rob Nancy & Maggie

FAITH OVER FEAR 2024 - JORDAN & EGYPT

TRAVELERS & BUDDY LIST



FAITH OVER FEAR 2024 - ISRAEL





Al & Frances Flores



Debra Maggie Lockwood Mendiola

Georgette & Phil

Cheatwood

TRAVELERS & BUDDY LIST



Rob & Vivian Moeller

Brian & Sue Eldridge



Al & Frances Flores

Filomena Antunes

Teri Bogess



Nancy Howard

Debra

Kim Snyder

Lockwood

Laura Cowett



Rob & Vivian Moeller





Laura Cowett



Kelly Wade



Barbara Norman John & Gail Sayers



BUDDIES FOR ISRAEL: Brian & Rob Teri & Connie Debra & Kim Kelly & Filomena Frances & Hwasook Del & John

Sue & Vivian Laura & Georgette Phil & Al (updated) Barbara & Gail

Kim Snyder



Debbie Winsett



BUDDIES FOR JORDAN & EGYPT: Teri & Connie Debra & Kim

Brian & Rob & Al Sue & Vivian Kelly & Filomena Laura & Frances

Nancy & Barbara































Kim Snyder Kelly Wade







Sue & Vivian Debra & Kim

Connie Bowne

Kelly & Filomena Debbie & Rich

Al & Frances Flores



TRAVELERS & BUDDY LIST



Rich

Liverance





Amazon wish list

link:www.amazon.com/hz/wishlist/ls/35JLSP1SZ8U7I/ref=nav_wishlist_lists

ESSENTIAL ITEMS TO PACK











Power adapter for Euro plug – 2 round prongs

Passport holder or crossbody bag





Cell phone lanyard



Spare battery charger



TWO charging cables (for bus & hotel, 3' minimum)

Packing cubes for organizing



Clear plastic bag or QUART SIZE Ziploc (take extras) for toiletries for plane



Spare bag with "sleeve" for items bought/dirty laundry



22-24" roller bag



PACKING

- Layered clothing it could be hot or cool in Oct/Nov
- Comfortable, especially shoes
- Casual but modest what you would wear golfing or to casual church is ok. Shorts are ok on most days for men & some for women except in Jerusalem. We don't want to look like we just came from the gym. Ladies should have shoulder & knee covering on the bus every day in Israel. Jerusalem is cooler at night.
- Pack in ONE 22" (carry on plane or check) or 24" suitcase (must be checked, 50 lbs max)
- Plus one backpack or tote (take on plane)
- Plus one foldable bag inside your suitcase to be used for extra items to bring home if needed
- Any type of suitcase is ok. 4 wheels is best! Wrap a luggage strap around it to keep items intact if zipper breaks.
- Pack \$\$\$, medicines, toiletries, electronics, spare set of clothes, etc. ON THE PLANE – ALL ESSENTIALS - whatever you would need if your main bag were lost



DOCUMENTS TO TAKE (paper & on phone)

Start setting aside items now!

- Passport (put copies in each bag/backpack; Debbie will have copy also)
- 2nd ID like driver's license
- Health insurance card
- Travel insurance policy or summary or app (AIT will send that to you if purchased thru AIT)
- Proof of COVID coverage (if you have been vaccinated)
- Credit card(s)
 - Clean out your wallet Don't take cards you won't use or need (like Costco)
- Cash
- Copy of 1 page itinerary in each bag (Debbie provided)
- Emergency contact in each bag (Debbie will have the info you provided at registration)
- Typed list of medications with picture of all medicine bottles lined up (need to show doctor name/#, medicine name/mg
- Luggage tags with your name & cell # only no address (we provide luggage tags, use a label maker if you can instead of a Sharpie for clarity)

EXAMPLE

1 Page itinerary

-Put your name/# at top, put copy in each bag so you can be found if your luggage is lost - Give a copy to family/friend, house/pet sitter, etc.

Copies are provided at meeting or emailed



TRAVELER NAME

Debbie Winsett +1 559 740 9436

FAITH OVER FEAR 2024 GREECE – Paul's Missionary Journey OCTOBER 20 – OCTOBER 29, 2024

DAY 0: OCTOBER 19 SATURDAY DEPART US FOR ATHENS (optional departure OCTOBER 18, 2024 FRIDAY with pre-night fee in Athens)

DAY 1: OCTOBER 20 SUNDAY (or October 19) - ARRIVAL ATHENS Dinner at the hotel & Overnight Athens, Titania Hotel <u>Athens Hotel Greece | Titania Hotel in the Heart of</u> the City

DAY 2: OCTOBER 21 MONDAY – DAY 5: OCTOBER 24 THURSDAY Celestyl cruise.

DAY 6: OCTOBER 25 FRIDAY – ATHENS CITY TOUR Dinner at the hotel & Overnight Athens, Titania Hotel <u>Athens Hotel Greece | Titania Hotel in the Heart of</u> the City

DAY 7: OCTOBER 26 SATURDAY –ATHENS - ANCIENT CORINTH MYCENAE TOUR Dinner at the hotel & Overnight Athens, Titania Hotel <u>Athens Hotel Greece | Titania Hotel in the Heart of</u> the City

DAY 8: OCTOBER 27 SUNDAY – ATHENS – BEREA – THESSALONICA Dinner and overnight Hotels Thessaloniki | 5 star Hotel | Mediterranean Palace Hotel | (mediterranean-palace.gr)

DAY 9: OCTOBER 28 MONDAY – PHILIPPI – KAVALA – THESSALONICA) Dinner and overnight Hotels Thessaloniki | 5 star Hotel | Mediterranean Palace Hotel | (mediterranean-palace.gr)

DAY 10: OCTOBER 29 TUESDAY 2024 WEDNESDAY – DEPART FROM THESSALONICA TO US OR TO TEL AVIV, ISRAEL

TRAVELER TUESDAY UPDATE

#1

TODAY'S TOPIC: COMMUNICATION

Pre-trip communication is one of the most important things we can do to have a successful group trip! Get involved, ask questions, and get to know your fellow travelers.

- We will connect and get to know each other, share information, make decisions, and prepare for the things we need to do to be ready to travel.
- It is important that we all stay informed and do what is asked of you. We have a lot of people & moving parts so your involvement & responses are important.



Essential information will be emailed to you. Keep an email folder with the things you need to know, documents, flight information, receipts, etc.



WhatsApp will be our primary communication method while traveling. It's a text & calling app that is free while on wi-fi. You can send pictures, videos, and call others if they also have WhatsApp. Be sure that anyone you will need to call while traveling is also on WhatsApp. Put the icon on your phone's home screen.



Facebook for Friends & Family to follow our journey: Join this group and invite them to also: Holy Land 2024 for friends & family to follow our journey! | Facebook



Use your smartphone! Set up a folder to put screenshots or photos of your flight info & documents you need for your trip. Wifi is available on busses and in hotels + many of the sites. More info on international phone plans will follow.



We will have social gathering this summer to help everyone get connected and a meeting before the trip to answer any questions you may have and discuss how our trips run.

These updates are posted in the Registered Travelers section of our website. Password is *godisgood*.

TRAVELER TUESDAY UPDATE #2

TODAY'S TOPIC: Prayers, Devotions, & Scripture Reading



We will start each tour day with a prayer on the bus and, in Israel, anyone that wants to can read Scripture about the sites we visit and/or do a devotion as well. Please use the Google docs links below to note your name in the column to sign up for Prayers or Scripture readings and/or Devotions.

Prayers 2024 - Google Docs Scripture Reading & Devotions 2024 - Google Docs

You do not need to save this document as it will update and be ready for the next person's input.

We will read from the Bible, not our phones, as is preferred in the Holy Land. You are welcome to bring yours (small format recommended) or use one provided.



Our guides in each country are different religions and practice the customs of their countries. Greece – Greek Orthodox Christian Israel – Jewish (but knows Old & New Testament well) Jordan – Catholic believer Egypt – Muslim but respects Christian beliefs We get a good sampling of other religions on this trip!

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TRAVELER TUESDAY UPDATE

TODAY'S TOPIC: Walking!!!

Why NO METAL in your water shoes? The salts in the Dead Sea will eat away at any metal you wear!

HIKING!

Egypt – Mt. Sinai Optional We leave at midnight & return about 8am, hiking or riding a camel partway to the top for sunrise. It can be cool/cold going up & hot going down but it is amazing. Moderate + level hike, rocky trail. Extra fees (budget \$30) apply and go to Bedouins.

Israel - Masada

Hike 45 minutes up the Snake Trail (or take the gondola) for sunrise here too. Everyone goes! Moderate hike up, dirt trail, gondola down.

Jordan - Petra

Walk 1.5 miles to the Treasury or further if you wish. Easy walk on dirt trail except for slight uphill on return last ¼ mile. Optional golf cart (\$250 for 5 people) or horse for part of return. Amazing site!

Greece

NO true hikes but up/down hills in many places.

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We walk 2-4 miles each day but each country & terrain is unique. It could be indoors, outdoors, on gravel, concrete, asphalt, sand, or dirt, in water or through water, uphill or downhill, on slippery or stable ground. There are no ADA paths of travel. Be sure your shoes have a good tread and that you have both closed toe shoes (trail shoes are good) and walking sandals without metal that can go in water. Break in the shoes before the trip! Make sure they are comfortable, breathe, and are lightweight.

#3

We keep a moderate pace but we can't speed up or slow down much. If you need to start walking now to build endurance, find a program or a buddy and get started. Though you can rest on the bus or in the hotel, we want everyone to experience everything on this journey and not miss out!



TRAVELER TUESDAY UPDATE

TODAY'S TOPIC: Vaccines, medicines, and aids while traveling

MEDICATIONS

Keep it organized & labeled!
Take a photo of all your pill bottles showing doctor's name/#, drug name/mg/scrip #. Keep this photo on your phone or give to Debbie in case it's needed in an emergency.

- You do not need to take full bottles – put it in labeled pill storage organizers like below.
- Consider ordering <u>PillPacks</u> but plan ahead.
- Keep meds on the plane with you – not in a checked bag!!

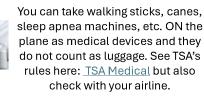


VACCINES NO vaccines are required but these are recommended by CDC: Chickenpox, DTP, flue, MMR, polio, shingles, COVID-19, tetanus.

#4

CDC RECOMMENDATIONS: Greece Israel

Jordan Egypt



- Talk to your doctor about what vaccines he/she recommends before traveling. Have them print a medications list if possible.
 Be sure to get enough meds in advance to last the duration of
- Be sure to get enough meds in advance to last the duration of your trip + a week.
- Get a new copy of prescriptions while traveling if meds are lost. Tour guides can help with this if we have the prescription.
- If you are pront to diarrhea or don't want to listen to guidelines about what to eat or not eat in Egypt, ask your doctor for a strong anti-diarrheal medicine to take with you (Egypt only). Recommended for everyone going to Egypt!

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TRAVELER TUESDAY UPDATE #5

TODAY'S TOPIC: Packing for the trip!

PACK LIGHT!! Set out everything you want to take and put half away! If you won't wear it at least twice, don't take it! You won't regret this! Try to pack in one rolling duffel or suitcase (<20-22" per your airline's carry-on allowance + one backpack or tote (with sleeve to fit over carry-on handle) + one foldable tote to pack IN your suitcase for all the extra things you bring home. Packing cubes are helpful for organizing and compressing clothes. You must limit liquid/aerosol/cream toiletries to one quart-size clear bag as sine airlines are very strict about this.

If you have to pack in checked (under plane) luggage, be sure to pack extra clothes in your backpack or tote to keep with you in case your luggage is lost. Travelers on our trips have been without for the whole trip!

LUGGAGE

Hard or soft sided luggage (or a combo) is OK. Be sure the main piece has 4 good wheels, a handle & is lightweight. We suggest putting a luggage strap around the luggage in case the zipper breaks. TJ Maxx, Marshalls, & Ross have good deals on luggage. You can buy expensive luggage but it will get dinged up. I like <u>eBags</u> and hard-side but find what you like.



Our Packing List and amazon wish list are on the website here: Packing list, suggested clothing, amazon wish list, & suggested items

Oct/Nov Temps	Day Avg	Night Avg	
Greece	65	53	
Israel	77	60	
Jordan	67	59	Ľ
Egypt	76	55	

In the Fall season, we expect very comfortable weather but could face hotter or cooler than average. You will need a jacket and pants for the Mt. Sinai hike in Egypt (maybe gloves & hat) and for nights in Jerusalem.

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TRAVELER TUESDAY UPDATE

TRAVELER TUESDAY UPDATE

Reading about the Holy Land is so much different than being there, but it helps to become familiar in advance. These books & DVDs are available to borrow. Please return before the trip. Zoom in on the pics!!



These books are "must read" for Israel (The Source) and Greece (Acts Odyssey). Where Jesus Prayed is an easy preview of where you'll be.

The 12 Drive-Thru History DVDS are incredible (and funny) narrations of different parts of Israel. Worth watching!



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TRAVELER TUESDAY UPDATE



These two are new and I haven't read them yet but they look interesting!



These updates are posted in the Registered Travelers section of our website Password is *godisgood*.

So many books! Come browse & borrow!

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TRAVELER TUESDAY UPDATE #7

TODAY'S TOPIC: Airline Apps

If you know how to use the airline apps on your phone, disregard this information.

If you don't have your airline app(s) on your phone, follow along Contact Debbie if you need help.

- Once you have decided on and booked a flight, go to that airline's mileage program and be sure you are signed up to earn miles. Your mileage program # must be in your itinerary. You can add it through the app or by calling. We fly a long way and you should earn miles for these trips.
- 2. Download the airline app(s) to your phone, set up a login, and be sure your trip is loaded in the My Trips, Find a Flight, Find Trip, My United (or similar) section. You may need to input the booking or confirmation # from your flight booking.
- 3. If you haven't already done so, you can select your SEATS from the app easily. I check the app often and adjust my seats as I find ones I prefer. You can also upgrade your seats (recommend higher than basic economy) and/or pre-pay for BAGS (recommend this for Aegean for Greece to Israel).
- 4. Your airline will have a section to Prepare for Travel. Be sure your passport # and all other required information is provided. You will probably not be able to check in online but will need to show your passport at the airport on travel day.
- 5. The app will notify you via text or email (you set that; I suggest text) if your flight changes or if you they have updates.
- 6. Each traveler is responsible for being ready to fly. If you have questions, please ask. I'm happy to help!

Change your seat, order a meal, download apps/movies in advance!

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TRAVELER TUESDAY UPDATE #8

TODAY'S TOPIC: Money



- You can use US dollars everywhere except Greece where Euros are much preferred. You can get currency for the different countries at the ATMs in each country, but I suggest you get it before you go. We won't have much time to stop and it's more expensive to do so there. It's fun to use local currency if you want the challenge! Ask your bank to order foreign currency for you if you wish, at least 3 weeks before departure. You can return excess at your bank when you return home.
- We collect minimal tips from you with your final invoice, but you may wish to tip extra in the local currency in our "thank you" cards.
- Organize your currency in envelopes +1 for receipts (for customs & VAT refunds)



KEEP IT SAFE!	Greece – Euros	Israeli Shekel	Jordanian Dinar	Egyptian pound	
Do you need to take this currency?	YES. Greece prefers Euros.	No. Israel will take shekels or dollars.	No. Jordan will take dinar or dollars.	No. Egypt will take pounds or dollars.	
What will you need cash for?	Lunch \$12-15/day Snacks? Street shopping Extra tips	Lunch \$12-15/day Bottled water is \$25/tour or \$1/bottle Snacks? Shopping in markets Extra tips Baptism/camel	Lunch \$12-15/day Snacks ?? Shopping @ Petra & travel center Snorkeling/camel/P etra golf cart Extra tips	Lunch \$10-15/day Snacks ?? Street shopping Extra tips Bathrooms Mt. Sinai/camel	
Can you use a credit card?	Yes, in stores but prefer euros for small	Yes, in stores but not in markets	Yes, in stores	Yes, in stores	
	purchases/lunch		e more than run sho		
How much should you take? It really depends on how you spend!	\$500 ? There is more shopping in Greece than other countries.	<mark>we </mark> \$400 ?	help each other ou \$150?	\$120 ?	
Exchange rate as of 7/15/24 \$1 = x foreign. Changes often!	.92 5 euro = \$4.60	3.63 5 shekels = \$1.37	.71 5 dinar = \$7.04	47.94 5 pound = \$.10	

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TRAVELER TUESDAY UPDATE

TODAY'S TOPIC: Hotels

Click on the links to see all of our gorgeous and well-located hotels!

GREECE

Celestyal Cruises (4 nights) <u>Athens –</u> Titiana Hotel (3 nights) Athens Hotel Greece | Titania Hotel in the Heart of the City

Thessaloniki – Mediterranean Palace (2 nights) Hotels Thessaloniki | 5 star Hotel |

<u>Mediterranean Palace Hotel |</u> (mediterranean-palace.gr)

JORDAN

Amman – Crowne Plaza Amman (2 nights) https://www.ihg.com/crowneplaza/h otels/gb/en/amman/ammhb/hoteldet ail?cm_mmc=BingMaps-_-CP-_-JO-_-AMMHB

Aqaba – Aqaba Kempinski (2 nights) https://www.kempinski.com/en/aqab a/hotel-aqaba/ The most beautiful hotel we've ever stayed in! You will love it!

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ISRAEL

#9

<u>Tel Aviv</u> - Herod's (1-2 nights) https://www.herods-hotels.com/herodshotels/herods-tel-aviv/

<u>Sea of Galilee</u> – Magdala (3 nights) https://www.magdalahotel.com/

Dead Sea – Herod's (1 night) https://www.herods-hotels.com/herodshotels/herods-dead-sea/

Jerusalem – Leonardo Boutique (5 nights) https://herbertsamuel.com/en/herbertsamuel-jerusalem-hotel/ Walk to the City Center!

EGYPT

<u>Mt. Sinai</u> – Morgenland (1 night) http://morgenland-village.net/ A simple place to sleep.

Cairo – Steigenberger Hotel (3 nights) https://www.steigenberger.com/en/h otels/allhotels/egypt/cairo/steigenbergerpyramids-cairo The Pyramids and Grand Museum are

across the street!

TRAVELER TUESDAY UPDATE #10

TODAY'S TOPIC: Food



Schwarma, schnitzel, or falafel for lunch!



In Egypt, we must be careful what we consume! We will talk about this.



Quiz: Do Israeli Jews eat this? Will you? Let me know!

> Water bottles are available on all busses!

country! Whether you want to just eat familiar American-type foods, explore local cuisine, have dietary restrictions, or want to stick to salads, you will find an amazing

FOOD!

Food fuels our days and you

will find so much variety in every

salads, you with that an amazing array of options everywhere we go. Mediterranean food is delicious & healthy! Desserts are plentiful and many are made without milk – try to guess which ones! Lunch is a quick stop (your expense) during our days, but breakfast & dinner are abundant buffet offerings & included. Take snacks from breakfast if you wish. Beer/wine is available but Is not included.



Israeli coffee is amazing but who will find a Starbucks?



You can take spices & foods from Israeli markets home!!

These updates are posted in the Registered Travelers section of our website. Password is *godisgood*.



Best hummus!







TRAVELER TUESDAY UPDATE #11

TODAY'S TOPIC: Traveler & Bus Etiquette

We have a wonderful group of travelers but it's always helpful to have some guidelines for the trip. Kindness and respect is key when we spend so much time with others. Some are new to international travel so let's teach them how great it is!

Be ON TIME.

Debbie's nightly WhatsApp text will tell you times and details for the next day. Please be on time so we can keep to our busy schedule. Our days are full and many activities are time sensitive. Set your alarms early if needed to be on time in the morning, back from lunch, or free time.

Help each other.

Everyone needs to be selfsufficient but there are times. when we can all be helpful with luggage, navigating paths, reminders, finding a lunch buddy. & more.

Listen!

Please LISTEN to your guides & drivers. They have so much to teach us and we don't want to talk over them so that others can't hear. We'll have headsets in many areas but, if you need to get close to the guide to hear, please do.

WhatsApp

Use the group message for group issues but please message privately for 1:1 questions that aren't relevant to the whole group.

Bus Seating

Except for the front row, seating is unassigned. Though there are no "best seats", please be flexible and not expect your favorite seat to be available or "saved" for you. We also want you to meet new people so move around!

Luggage

We will provide luggage identification & tags. We will explain the plan for luggage on & off the bus at hotels but we need to help each other get luggage at airports.

Tour Pace

We keep a moderate pace and can't speed up or slow down for individual preferences. Take rest breaks on the bus if needed.

Sherutim: What does it mean? You will need it!

> Colossians 3:12 So, as those who have been chosen of God, holy & beloved, put on a heart of compassion, kindness, humility, gentleness, & patience.

These updates are posted in the Registered Travelers section of our website. Password is godisgood.

Bathroom Breaks

We will have many! Please use each opportunity and don't wait until you're late for the bus departure! You will see signs for bathrooms at every site.

Take a Buddy!

If you go off from the group or out at night, please take a buddy with you for safety and to be sure you get back to where you need to be. Most people will want to

We will take some group

TRAVELER TUESDAY UPDATE #12

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TODAY'S TOPIC: International wireless & WIFI



- We will have WIFI at airports, on some busses, at hotels, and at some sites. Some coverage is spotty. Onboard Greece cruise is terrible. WhatsApp is FREE on WIFI or when using an international plan for talk, text, & data.
- If you need to have service ALL the time, you will need an international plan.
- lf you do not buy an international plan and do not want to pay ROAMING fees, be sure to turn off ROAMING in your phone settings.

Here's a good article about international plan options: International phone plans

International Plans (as of 4/16/24)	AT&T	T-Mobile	Verizon	
Name of plan	International Day Pass	Roaming with T- Mobile	TravelPass	
How it works	Contact AT&T to have it turned on, no need to turn off – just leave it on for the next trip	215 countries and destinations at no extra charge, while voice calls are \$0.25/minute. Contact T-Mobile to confirm your plan.	Fee per day or Pay as you go. Contact Verizon to turn on.	
Cost	\$12 per 24 hour period, only charged when used	None	\$10 per day	
Details	Unlimited data, talk, text	215 countries and destinations at no extra charge, while voice calls are \$0.25/minute.	Unlimited talk, text, data	

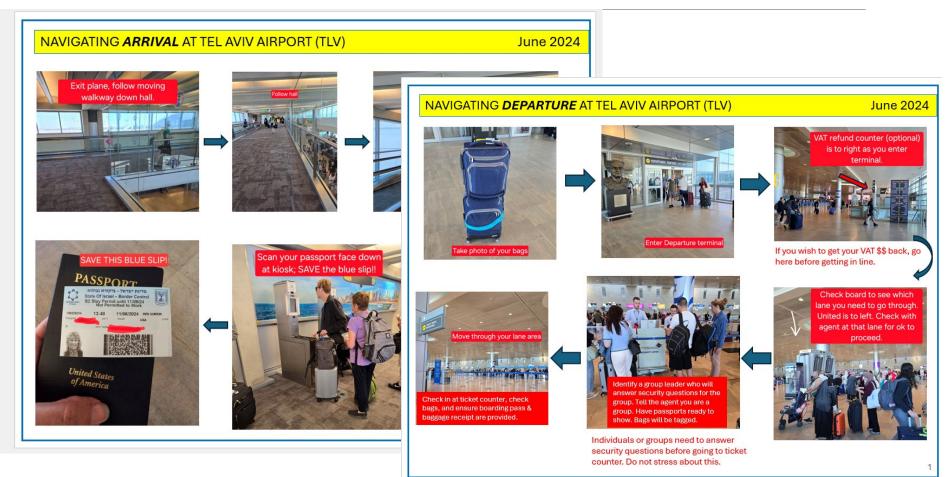
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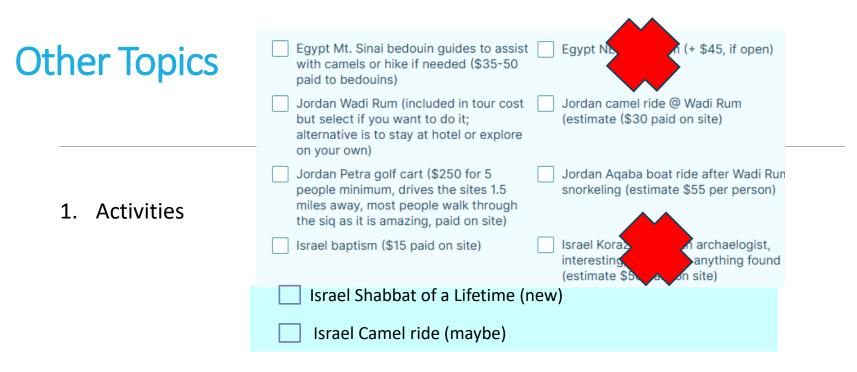
explore with you!

Photos

pics and people will be taking lots of photos. If you don't want to be in them, you must opt out. Please offer to take pictures of others so everyone gets some of themselves.

Tel Aviv AIRPORT – Arrival & Departure





- 2. Insurance did you get coverage if you wanted it?
- 3. Prayers/devotions/scripture readings
- 4. Medical illness/injury
- 5. Meals
- 6. Staying with the group
- 7. Buddies
- 8. WhatsApp
- 9. ICE (in case of emergency contact on phone)

Amazon Travel Gear list: https://www.amazon.com/ hz/wishlist/ls/35JLSP1SZ8U 7l/ref=nav_wishlist_lists_2 You don't need it all – it's just suggestions!

Medicines



Keep a photo of all meds/vitamins you take daily with a sample of the pill on top of the lid for easy identification. Share this with tour leader (if you wish) in case its needed in medical emergency or just keep it

Diagotin

HARMACY

(866) 922-8766 - Store #089

DEBBIE WINSETT

MELOXICAM 15 MG TAE UNIC GROUPS: UNICHEM PH

TAKE ONE TABLET BY MOUTH EVERY

Save Mart

1(866) 922-8766 - Store #089

DEBBIE WINSETT

APRODINE 2.5-60 MG TAI MAJO Mfg: MAJOR PHAR

TAKE ONE TABLET BY MOUTH EVERY DAY

Save Mart

DEBBIE WINSETT

CARPOOLS

2024 CARPO	OOLS						
		13					a
			FROM			то	FROM
		TO AIRPORT	AIRPORT			AIRPORT	AIRPORT
KIM	SNYDER	18-Oct	18-Nov	DEBRA	HALEY	18-Oct	29-Oct
CONNIE E	BOWNE	18-Oct	18-Nov			121.5.11	
-10				KAREN	HOPPE	18-Oct	29-Oct
PHILIP	CHEATWOOD	29-Oct	10-Nov	SYDNEY ANNE	HOPPE	18-Oct	29-Oct
GEORGETTE	CHEATWOOD	29-Oct	10-Nov				
GAIL	SAYERS	29-Oct	10-Nov	BRIAN	ELDRIDGE	18-Oct	18-Nov
JOHN	SAYERS	29-Oct	10-Nov	SUSAN	ELDRIDGE	18-Oct	18-Nov
NORRIS	JERNIGAN	29-Oct	10-Nov	TERI	BOGGESS	18-Oct	18-Nov
MARIA	MENDIOLA	N/A	10-Nov	KELLY	WADE	18-Oct	18-Nov
				ROB	MOELLER	18-Oct	18-Nov
DEBRA	LOCKWOOD	18-Oct	18-Nov	VIVIAN	MOELLER	18-Oct	18-Nov
NANCY	HOWARD	18-Oct	18-Nov	MARIA	MENDIOLA	18-Oct	N/A
DEBBIE	WINSETT	18-Oct	N/A				
ADALBERTO	FLORES	18-Oct	18-Nov	THOSE IN THE SAME COLOR GROUP COULD			
MARY FRANCES	FLORES	18-Oct	18-Nov	CARPOOL AS F	LIGHTS DE	PARTURE	OR ARRIVAL
				TIMES ALIGN.			
RAYMOND	MONTES	17-Oct	18-Nov				
HELEN	MONTES	17-Oct	18-Nov	ANYONE NOT	LISTED DOE	S NOT HA	VE FLIGHTS
				THAT ALIGN W	ITH OTHER	S FOR CAP	RPOOLING.
LAURA	COWETT	29-Oct	N/A				
BARBARA	NORMAN	29-Oct	N/A	BOLD DESIGN	ATES CARPO	DOL LEAD	ER - PLEASE
				GET WITH WITH	OTHERS TO	ENSURE	ALL HAVE RIDES
				TO/FROM AIRP	ORT IF THEY	WISH.	

Questions