



"Southward Bound"

Ẓin Desert to Maktesh Ramon

*AKIM-Jerusalem's Eighth Annual Trek
Tuesday-Thursday, March 9-11, 2010*

Equipment Checklist – AKIM-Jerusalem Charity Trek

Following is a list of items that you will need for the trek. You will need both a small overnight bag and a small day back-pack. Although your overnight bag will be transported, due to limited space in the transporting vehicle, we urge you to make it as compact as you can.

Note: 3 "Miles for Smiles" t-shirts will be provided, and must be worn while trekking, for uniformity and identification.

Small day backpack – in addition to your overnight bag

Items to be worn daily

Hiking boots - comfortable, worn in (10% discount at LaMetayel and Orcha stores)

This is your most important piece of equipment!

Hiking pants – Light-weight, loose fitting (not jeans, and not shorts)

Baseball hat / sun hat, Sunglasses

Socks – preferably 100% cotton

Items to be carried in day-pack

Trekking/ski poles - for propulsion uphill, shock-absorption downhill and balance throughout

Sunscreen and lip balm – SPF at least 30

Basic personal medical kit - Insect repellent, band-aids, moleskin for blisters, aspirin, etc. (don't overdo it), tissues/toilet paper
Energy bars (2 per day are enough)
Bag large enough to hold 2 x 1.5 litres bottles or "shlooker" (we provide the water)

Overnight bag

Underwear and socks – 4 changes

Casual clothes for evenings, including change of footwear and fleece or sweater

Night wear

Basic toiletries; (note: soap and shampoo are supplied at the B&B's)

Camera and film (optional)

Personal items (e.g. siddur, tallith & tefillin)



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