

IDF Packing List

Men

- Digital watch with a timer (preferably waterproof)
- Underwear
- Hiking socks (must be grey or black ONLY)
- Undershirts (must be white or green ONLY)
- Toiletries for two-week period (toothbrush, toothpaste, deodorant, shampoo, soap, razors, shaving cream – unless you are exempt from shaving, men are required to be clean-shaven daily)
- Hanging toiletry bag for the shower
- Towel
- Toilet paper (always good to have some of your own)
- Baby wipes (come in handy after coming back from a long hike)
- Bedding (sheets and a pillow) or a sleeping bag – don't make the mistake of sleeping with the army blanket!
- Snacks and entertainment (optional)
- Small change for the Shekem (base canteen)
- Phone charger (might be helpful to bring a portable charger as well, since the outlets usually get taken quickly)
- Mini locks for your backpack – better safe than sorry
- Flip flops for the shower
- Workout clothes
- Running shoes
- Pajamas or clothes to sleep in
- Extra layers to sleep in (depending on the season)
- Teudat Zehut
- Teudat Oleh
- If you are renting an apartment, bring your apartment contract
- Bank information (so the army can pay you)

Women

- Digital watch with a timer (preferably waterproof)
- Underwear
- Hiking socks (must be grey or black ONLY)
- Undershirts (must be white or green ONLY)
- Toiletries for two-week period (toothbrush, toothpaste, deodorant, shampoo, soap, razors, shaving cream, feminine products, black hair ties)
- Hanging toiletry bag for the shower
- Towel

- Toilet paper (always good to have some of your own)
- Baby wipes (come in handy after coming back from a long hike)
- Bedding (sheets and a pillow) or a sleeping bag – don't make the mistake of sleeping with the army blanket!
- Snacks and entertainment (optional)
- Small change for the Shekem (base canteen)
- Phone charger (might be helpful to bring a portable charger as well, since the outlets usually get taken quickly)
- Mini locks for your backpack – better safe than sorry
- Flip flops for the shower
- Workout clothes
- Running shoes
- Pajamas or clothes to sleep in
- Extra layers to sleep in (depending on the season)
- Teudat Zehut
- Teudat Oleh
- If you are renting an apartment, bring your apartment contract
- Bank information (so the army can pay you)