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As You Begin Packing...

What Should I Not Bring?

- Don't bring things which will distract you and others from learning, and bring down the *kedushah* of our environment. This is your year to focus on growing in *ruchniut* ☺!
 - **Video Content:** We don't allow movies, TV programs, or videos in any form (DVD's, on hard drives or memory cards, or any other formats) and will confiscate them if they are brought.
 - **Video Players:** We don't allow devices which play movies (laptops, DVD players, etc.) and will confiscate them if they are brought. The only exception is an Ipod or similar MP3 player, which you may bring *on condition that you promise not to use it to view video content*. If a student uses a device for video, it will be confiscated.
 - **Smartphones:** Blackberries, Ipones, Itouch devices, and the like, are permitted. Since use of any phone in the Bet Midrash or classrooms is not permitted, all devices must be deposited in the baskets available for this purpose in each room.
- Don't bring clothing which you will not be permitted to wear ☺ (see our dress code below).
- Don't bring so much clothing! Ask girls who've been to Israel for the year how much clothing you'll realistically need. Many students shlep large amounts of clothing to Israel, only to find that they need far less than what they brought (see below, "Tips from Previous Students").
- Don't bring expensive things which can "disappear," like jewelry and very expensive electronics. You'll want a camera, and maybe an MP3 player/Ipod, but keep them out of sight. **We are not insured for valuables that are lost or stolen.**
- Keep any cash you bring in the school safe, not in your room.

What Should I Bring?

- **Sefarim:** *Sefarim* (books) can be easily purchased in Israel, and we usually arrange for a bookseller to sell *sefarim* at Midreshet for your convenience. If you already have *sefarim* and prefer to bring them, you may want to bring: A *siddur*, a *Tanach* (the Koren edition, so that you will be able to follow along with *shiurim*), *Chumash Mikra'ot Gedolot*, a set of *Mishnah Berurah*, *Shemirat Shabbat Ke-Hilchatah vols I-II*, *Selichot*, *Machzorim* and *Haggadah shel Pesach*.
- **Clothing:** The rainy season in Israel usually lasts from *Sukkot* to *Pesach*, with temperatures 30°-60° Fahrenheit. From *Pesach* on, days can be rather warm, evenings cool. Some suggestions (in addition to usual clothing):

winter coat	sleeping bag (optional)	wide skirts for <i>tiyulim</i>
sweaters	bed linens	sunblock & suntan lotion
sweatshirts	summer pajamas	hat for sun (ESSENTIAL)
thermals (for Poland)	toiletries*	walking shoes or sneakers
warm pajamas	pillow & blanket	clothing hangers
flannel sheets	weekend bag	batteries
waterproof warm boots	towels	laundry bags

*(deodorant, contact lens solution)

- **Personal Expenses:** Personal expenses include transportation, snacks, laundry and cleaning, books, gifts and personal care items. The school serves 3 meals a day except for when there are no *shiurim*. Although these expenses vary with each student, we estimate that \$180 a month

should suffice. Please remember that the initial startup costs will be higher, since books, kitchen supplies, and utensils, etc. must be purchased at the outset.

Should I Make *Shabbat* Plans Already?

- We will spend the first *Shabbat*, Sept 9-10, *Parshat Ki Teitzeh*, together “*Ba-Bayit*.”
- We will spend *Rosh Hashanah* together in Bet She’an! 😊
- You will be invited to a teacher’s home for *Yom Kippur*.
- On *Sukkot*, the dorm is open during *Chol Ha-Mo’ed* but closed for *Yom Tov*. Let us know if we can arrange a place for you to stay!
- On regular *Shabbatot*, you may spend *Shabbat* with family, friends or members of our faculty. If at least four students are staying in for *Shabbat*, they will be joined by a *madrichah* and enjoy Midreshet’s *Shabbat* meals. We are always happy to help set you up with places to go for *Shabbat*!
- All students are required to attend school *Shabbatonim* (see our calendar).

Travel Policy

- Over 20 years of experience has taught us that traveling during the year in Israel profoundly detracts from your success in learning and growing. Most students who travel find themselves distracted and losing their focus as they approach the time for travel, and find it very difficult to recapture their momentum when they return. We urge you to maximize your experience by avoiding travel, and where unavoidable, making it as brief as possible. On the other hand, we enthusiastically encourage parents to visit! Come in to say hello, meet your daughter’s teachers, and sit in on a *shiur* to see what the “year in Israel” is really like!
- Students may not leave the country during the school year (other than *Pesach* vacation) except to attend *semachot* in the immediate family, and must apply for permission in writing **BEFORE TICKETS ARE PURCHASED**. Once a request is submitted, a decision will be made within one week. Please note that travel abroad is not permitted during our brief intersession.
- Permission to go abroad may be granted for up to eight days of *shiurim*, but these days will be counted as absences.
- A student who is receiving scholarship money from Midreshet Moriah may not travel abroad during her year in Israel except for a sibling’s wedding or Bar Mitzvah. Scholarship money should be used to help pay tuition and expenses during your year in Israel.
- Although many students return home for *Pesach* break, we strongly encourage you to consider staying in Israel, which offers great opportunities for fun and enriching activities during this season. Travel breaks your “learning momentum,” making it very difficult to “get back into things” when you return. Our dorm is open during *Pesach* break (except for on the *Chag* itself and *Shabbat Chol Ha-Mo’ed*) and there are lots of activities! We are happy to set you up with families for the *Seder* and *Chag*!
- **Students returning home for *Pesach* may leave no earlier than March 24th and must be in school no later than Tuesday, April 17th. Please make sure to book all airline tickets now (especially bonus tickets) in compliance with these dates.**
- **Do not make plans to leave on the night of banquet, June 11.** It is very disappointing for the student who has to leave before our banquet is over.

Dress:

Please pack and choose clothing to wear with the knowledge that **our standards will be enforced vigorously from the moment you land in Israel and through the entire year.**

From the airport, we will be going straight to the Kotel. **Any student who is dressed inappropriately will be asked to change at the airport.** In order to avoid unpleasantness or embarrassment for you, we would like to clearly outline Midreshet Moriah's dress code – which applies both in school and during your free time.

- All clothing must be loose-fitting.
- **Necklines must be closed to the collarbone.** V-neck or scoop-neck shirts or sweaters are not acceptable. **Men's v-neck or sleeveless undershirts are prohibited, even when worn under cardigans or sweatshirts.**
- **Sleeves must cover the elbow.**
- **Skirts must reach well below the knee when standing or sitting.** Slits above the knee (front and back) are not permitted.
- **Shirts must cover the torso** when standing, sitting and bending.
- Pants are not permitted.
- Shirts should not bear inappropriate pictures or writing.
- Piercings are not permitted, any place other than ears.

We have taken this opportunity to address you early enough so that you can shop appropriately. **Please do not bring clothes that do not meet these standards.**

TIPS FROM PREVIOUS STUDENTS

"Lots of underwear and sox" ** "Warm slippers, flip flops" ** "long sleeve t-shirts for in-between and for when your shirts shrink in the dryer (THEY ARE STRICT ABOUT SLEEVES)" ** "flarey skirts for *tiyul*, hiking shoes or worn sneakers;TEVAs – so nerdy, but SO useful; no wrap-around or straight skirts for *tiyulim* you'll trip on a long skirt; clothing to layer, basketball shorts for under skirts – no leggings allowed" **"Just a few (4-5) *Shabbat* outfits- you wear the same thing all the time** "1 fancier outfit for *Yom Tov* or a possible wedding" ***"NO HIGH HEELS"*** "I brought 7 tops...I wore 2" ** "Don't bring clothes you've never worn before; you won't start here either" ** "Skirts without slits"***"Lots of cardigans"***"Zip-ups"***"Water is hard so some clothes may get ruined"***"Umbrellas are cheap here" ** "4-in-1 skirt hangers" ** "Tell them they're not going to the moon; anything they forgot to bring, they can get here"***"Only 3 sets of sheets and 4 towels" "Lots of lens supplies-enough for the whole year" ** "Travel sizes of shampoos and soaps" ** "Use the local shampoo and conditioner, because of water here - bring mousse" ** "Don't bring plates, silverware and pots – you can get them here, if you do, bring them toiveled, it's just easier.." ** "Good Grips peeler and can opener" ** "Be sure all electric things are 220V;120V with a transformer never work right"***"You will have to buy fans – be prepared"*** "Speakers for iPods"*** "Iced tea,crystal lite"***"If you eat white tuna, bring it with you –packets are the best!-otherwise buy tuna here" ** "No pasta, No ketchup, No peanut butter" ** "Travel size alarm clock" ** "Flashlight" ** "5-subject notebooks, lots of pens-you can also buy it here" ** "Shower caddy, toothbrush holder" ** "Scotch tape, a journal, extra contacts and glasses; individual tissue packs; , Fabreeze, and stain stick" ** "Don't bring anything that you value too much--it will get lost or ruined" ** "Don't bring Tupperware, it's cheap here,too" ** "PAM"***"Mesh laundry bag" ** "Scissors" ** "Candies, splenda, anything dietetic, and microwavable- and microwave steam bags" ** "Draw string bag" ** "Advil, cold medicine, Pepto-Bismol" ** "Do Heritage, Do *Tochnit Nissan*, - **don't go home for *Pesach* it was amazing here** ***"Moisturizer, make-up, cream – enough for the whole year" ***"nail polish"*** " Zip-lock bags" ** "Don't bring too many clothes - I didn't listen either" ** "As tempting as it is, don't overpack. Remember that what you bring here you have to bring home, plus more" **

"WHY DIDN'T I READ THIS LIST?"
☺ Thanks for the tips, Alumnae 5770 ☺