

## Rav Noam's Guide to Army Tziud

- always stay as clean as possible
- It's important to always consider the weight-to-speed benefit of gear
- compact is always the way to go if possible
- if you have the chance to be comfortable, don't choose not to be. It can really improve your mood/morale.
- always shower if you have the chance and take precautions to avoid hygiene issues if possible

## **Gear**

Bare minimum gear is a watch, socks, underwear, and a multitool

The rest is useful but not essentials.

- Useability always takes precedence over space/weight. don't be a Wassachist or Rav Noam will punch you ;)
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### G Shock style watch (Combat) **NEED!**

- Must be indiscreet, Jet Black or army colours (nothing flashy)
- must have a stopwatch, be easy to read, useful features

### Multitool **NEED!**

- must be built to last
- indiscreet colours
- **must have:**
  - can opener
  - Knife
  - (Pliers and spork/cutlery options are useful)
- useful brands are Leatherman: (more specifically Leatherman Surge, Leatherman Wave) Gerber, or other cheaper options work too.

### Spork/Cuttlery **RECOMMENDED**

- something small
- best if in a multitool or as a separate cutlery multitool with fork, knife, and spoon.

### Headlamps **NEED**

- Petzel is a good brand
- the red light option is a **MUST!**
- blue light option is useful to be indiscreet but also see red
- chargeable or battery powered is up to preference

### Lighter **EXTREMELY RECOMMENDED**

- Good quality, something that can last in your pocket
- refillable
- DO NOT get a plastic one

#### 90L Backpack NOT NECESSARY, LLC PROVIDED

- NBN will provide free ones to LLC

#### Lock for backpack RECOMMENDED

- code lock is best, keys are an extra liability and an extra worry
- something you'd be comfortable with protecting your phone/wallet

#### Sewing kit ARMY PROVIDED

- LEARN HOW TO SEW BEFORE THE ARMY!!!
- needle and string, very useful for fixing things

#### Hair bands/Rubber bands HIGHLY RECOMMENDED

- keeps ants, dust, sand, rocks, etc. out of your shoes/pants
- very useful

#### Pen/Notepad HIGHLY RECOMMENDED

- the army may even require this
- does not need to be waterproof
- small enough to fit in your pockets

#### Good Phone Case RECOMMENDED

- useful especially in Shiryon with sand, mud, and fine grit dust
- something that covers the charger port
- rugged cases are recommended

#### Portable Chargers RECOMMENDED

- anywhere from 10,000 to 40 or 70,000
- solar panel is useful even if it's a slow charge
- especially useful if you have a chargeable headlamp or other tools

#### Pocket Sefarim RECOMMENDED

- small and compact but readable. Something you can actually learn

#### Ziplock Bags USEFUL

- useful for wet clothing
- Strong seal
- Regular shopping bags work too but ziplock is preferred

#### Tape NOT NEEDED

- only really useful post- training

- hockey, gorilla, or duct tape

#### Laundry detergent **HIGHLY RECOMMENDED**

- you will sometimes not be able to do laundry when you absolutely need to:
- ALWAYS KEEP A SMALL BOTTLE (ie. Nestle bottle size) full of detergent in your backpack to do emergency laundry on-base
- powdered detergent is better than liquid when spilled by accident

## Clothing

- generally has to be army approved colours
- moisture wicking/dry-fit is typically best when available
- be reasonable when packing clothes

#### Underwear **NEED!**

- Chafe free is not necessary, Just get moisture wicking instead
- only get if you realize you need
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#### Socks **NEED!**

- Quality over quantity: Get a few good pairs, not many mediocre ones
- long tube socks
  - Smartwool style socks can last a a week, try to get 3 or 4 pairs
  - have to cover your calves/ reach over your boot
- ankle socks
  - not so necessary but good to have for runs or workouts (no one will judge you if you use regular socks, it's the army)

#### Tzitzit **NEED**

- green dry fit ones for combat (white is allowed for non-combat positions)
- sleeveless/ sleeve begged is preferential
- get 2 or 3 pairs

#### Kippot **NEED**

- Get a few 'settler' style kippot (big knit ones), small ones will not fit with a buzz cut!!!
- kippa clips can be useful as a mini multitool if you have a smaller Kippah, but its another thing to carry
- must be army coloured typically
- have a few pairs in case you lose them

#### Winter Clothes **NOT NECESSARY, ARMY PROVIDED**

don't really need unless absolutely necessary **during** service. The Army will provide essentials.

Wait on what you actually need

- if you need gloves try foldable mitten gloves (warm but with finger access)

#### PJs **PERSONAL PREFERENCE**

- Different levels of warmth depending on weather.

#### Laundry Bag **NEED**

- Bag instead of hamper

### Bedding **OPTIONAL BUT RECOMMENDED**

- optional but helps to actually keep you comfortable if you are allowed
- bring bedding to actually relax when you can!
- indiscreet colours (dark shades, greens, black, etc.)
- a. Pillow
  - inflatable is good for saving space
  - Will get destroyed/nasty regardless. No need for anything fancy
- b. inflatable mattress?
  - not extremely necessary and might not be allowed
- c. Blanket
  - Army provides one but if you have a preference to one you already have you should use that

### Toiletry bag **NOT NECESSARY, ARMY PROVIDED**

- Army will provide, only bring if you have a good one, keep on base
- have multiple toothbrushes so you don't have to bring it back and forth

### Towel **RECOMMENDED**

- Compact body towel that can be folded up small
- dry fit/ microfibre: dries easily and can absorb more water

## Hygiene

- ***ALWAYS SHOWER WHEN YOU CAN!!*** never decide not to when you have the opportunity, even when you're "too tired"
- don't be 'להתכלב' (Dog-like - Israeli slang for nasty)

### Shower Shoes **NEED**

- Crocs, flip flops, slides, etc.
- waterproof and lightweight

### Anti Fungal foot cream/powder **NEED**

- Army foot fungus/infections SUCKS, always try to avoid it

### Anti-Itch Cream **NEED**

- Goldbond recommended brand

### Baby wipes **NEED**

- Adult baby wipes are useful but can be bulky
- Always keep at least one restaurant-style single-package hand wipes in your pockets (you can get these at any sit down restaurant.)

Advice from my brother who was in givati a few years back:

- “Good in general. The army didn't give us blankets - bring bedding. You do get a sleeping bag but it's much better to sleep with sheets. A good pillow is a good investment, being well rested will really help (I didn't generally sleep well during training and a good pillow would have helped)
- You don't need a fancy multitool, I survived without one.
- I never had the chance to do laundry but it's theoretically a good idea to have some detergent to do sink laundry, I think shampoo would work as well.
- I'm not sure if they'll allow in training but an e-reader could be nice. Phone charger is very important.
- Anti fungal cream isn't necessary until you have a problem, I never used it.
- I had lots of okay socks instead of a few good ones - wet socks are just yucky no matter how good they are.
- Dri fit undershirts/tzitzit are super important. Bring sunglasses.
- You don't really need a foldable towel, just bring a normal one if you're not worried about space.
- Rubber bands are super important for your pants, bring lots because they break and get lost. Kippah clips are also a must.
- Pocket sefarim are amazing but books are really good too for Shabbat and in general when you don't have the motivation to learn, get used books etc. that you don't mind getting dirty.
- Make sure to pack shorts and t shirt for exercise and sleep.
- Shower shoes are a must but you can technically just use shoshonim sandals if you don't have slides you want to bring. Flip flops are best because they are compact.
- Lighters can be cheap, don't waste money.
- Better to have two locks (one for home bag, one for army kitbag).