



## Wend

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Path of the Patriarch

Featuring: Daylite

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### PACKING LIST

Jayne Moye shares how she geared up to trek across the West Bank of Palestine

**Navigation** *Siraj Center for Holy Land Studies: Guides*  
You can do it yourself by following shepherd trails, but it's always best to work with a local guide to avoid landmines, both literally and figuratively.

**Footwear** *Saucony: ProGrid Omni*  
I wore my trail runners most of the hike. They're my most comfortable shoe and do well on pavement, sand, hard-packed dirt, or loose rock. On the one day it rained, I wore my La Sportiva FC ECO 3.0 GTX hiking boots. Lightweight and flexible they've got Gortex membranes and sealed seams to help keep the water out.

**Headscarf** *Prana: Sadie Scarf*  
No, I wasn't forced to wear a headscarf in Palestine, I just liked the way it kept my head warm in the cool Jordan River Valley and protected against the wind and sand in the desert.

**Shirt** *Prana: Jaselle Top / The North Face: Light Long Sleeve Crew Neck*  
In respect for cultural norms, I brought two loose, flowing, feminine shirts from Prana that I traded off each day. Underneath, I wore a Light Long Sleeve Crew Neck from The North Face to keep my arms and chest covered, both from the sun, and according to Muslim tradition.

**Pants** *Marmot*  
I made it through to wear on the trail providing wind and protection.

**Socks** *Smartwool*  
I switched off between wool and synthetic to breathe well, stay dry, and prevent blisters.

**Pack** *Osprey: Daylite Backpack*  
Since our suitcases were shuttled to a home stay each evening, I chose to go fast and light with a small backpack to carry my camelback, rain gear and my share of the day's picnic lunch items.

**Illumination** *Petzl: Tikkina Headlamp*  
Essential for finding your way to the bathroom when sleeping in tents with the Bedouins.

**Bedding** *REI: Lightweight Fleece Liner*  
It wasn't such an issue at home stays, but in the Bedouin camps, I slept easier with a tic-free, sand-free sheet creating a barrier between me and the musty blankets.

**Pillow** *Therm-A-Rest: Compressible Pillow*  
Sometimes we were offered pillows, sometimes not. Sometimes they were clean, sometimes not. Best to just carry your own. This one compresses down to a fifth of its size and is really comfortable after some enthusiastic re-fluffing.

**Food** *Chocolove*  
There was only so much pita bread, hummus and olives we could consume. Photographer Claudia Chang had stashed a dozen Chocolove chocolate bars she'd brought from Boulder, Colorado, in her pack to give out to local children. We ended up eating all of it ourselves.

**Beverage** *Lipton: Black Tea*  
I don't do caffeine. But the Brits in the group insisted on black tea, and our guide was able to make it on demand from the kettle in his pack. I learned to enjoy it, with three teaspoons of sugar per cup.

**Literature** *Abraham: A Journey to the Heart of Three Faiths, by Bruce Feiler*  
Feiler went a lot further into the modern Middle East, and took a lot more risks than I did. His account is fascinating.



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