



# LIVING HELL

The Israeli Prison System as a Network  
of Torture Camps



January 2026



# Introduction

In July 2024, B'Tselem published Welcome to Hell, a report on the treatment of Palestinian inmates in Israel's prison system and their confinement in torture camps under inhuman conditions. The report presented testimonies from 55 Palestinian men and women held in Israeli prisons and detention facilities since 7 October 2023. The testimonies revealed the outcomes of a rushed process in which Israeli prison facilities, both military and civilian, were transformed into a network of camps dedicated to the abuse of inmates as policy. A space of this kind, in which anyone who enters is condemned to deliberate, severe, and unrelenting pain and suffering, functions de facto as a torture camp.

The present update reviews the situation of Palestinian prisoners held by Israel up to the beginning of **January 2026**.

The transformation of Israeli prisons into torture camps for Palestinian inmates must be understood in the context of Israel's coordinated onslaught on Palestinians as a collective since October 2023, most prominently through the ongoing genocide in Gaza. The foundations of the regime shaped since the State of Israel was established, which are enabling the genocide in Gaza, rampant violence and ethnic cleansing in the West Bank and the persecution of Palestinians citizens of Israel, are also shaping the treatment of prisoners. First and foremost among them is the dehumanization of Palestinians as a group and the employment of extreme violence against them (for further reading, see B'Tselem July 2025 report Our Genocide).

This update revisits the categories of abuse listed in the original report, using them to assess the current situation and any new developments. It is based on 21 testimonies given to B'Tselem by Palestinians released under the agreement between Israel and Hamas in October 2025 or in the months preceding it. Many released prisoners are too afraid to give testimony, as – according to the witnesses we spoke to – Israeli authorities threatened to re-arrest anyone who shared information about their experiences in prison. The threats were issued both before and after the prisoners were released, illustrating how Israel uses deprivation of liberty as a key means of oppressing Palestinians.

These efforts to silence released prisoners are one feature of a multi-faceted policy, led by Israel's apartheid regime, to dehumanize Palestinians and deny their humanity as a collective, whether through incarceration and torture or through

intimidation, political repression and censorship. The present update also draws on several other sources, including recent research and reports by human rights organizations that regularly monitor conditions in Israeli prisons, media reports, Israel Prison Service (IPS) data, and materials submitted in petitions to the Israeli High Court of Justice.

All the findings taken together lead to an unequivocal conclusion: Israel is continuing its systemic, institutionalized policy of torture and abuse of Palestinian prisoners, approved and backed by the political system, the judicial system, the media and, of course, the prison authorities themselves, which openly boast about the torturous conditions in which Palestinian inmates are held.

A striking example of the latter is a series of PR items jointly promoted by Itamar Ben Gvir, the minister in charge of the prison system, and the IPS spokesperson's unit, offering Israeli media "rare glimpses" into prison blocks where Palestinians are held in subhuman conditions (see "Rakefet Wing," p. 13). In the items, Minister Ben Gvir and IPS officers put the abuse of prisoners on display, with the media playing the role of mouthpiece to the minister's racist and violent ideology with little to no criticism of the crimes and grave human rights violations involved.

Far from being carried out in the shadows, this systemic abuse is put on public display, with no attempt to conceal or obscure it. In fact, the persons in charge boast about it openly, and the entire Israeli regime is complicit. Therefore, this report and others do not aim to "expose" the inhuman conditions in which Palestinian prisoners are held – conditions known and normalized within Israeli public opinion over the last two years. Although the abuse is overt and well-documented, international actors have so far refrained from effectively intervening, another factor that enables the systemic torture to continue. Torture of Palestinian prisoners, all of whom are labeled "terrorists" by the Israeli media, has become an accepted norm.

In the face of this reality, we once again call on all states, bodies and international institutions to do everything in their power to bring about the immediate cessation of the cruel treatment and torture suffered by Palestinian prisoners at the hands of the Israeli regime. Given the gravity of these crimes, it is the duty of the international community to insist that Israel be held accountable and ensure that those responsible are brought to justice.

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Cover photo: Used under Section 27(a) of the Copyright Law.

In compliance with the Israeli law that seeks to equate the receipt of international funding with disloyalty, please note that last year, more than 50% of B'Tselem's funding came from foreign state entities. These are listed on the website of the Israeli Registrar of Associations (and elsewhere). Be that as it may, we remain loyal to dismantling the apartheid and occupation regime and to protecting human rights.

## Key findings

— Based on B'Tselem's ongoing monitoring and documentation, from the beginning of the October 2023 war to the beginning of January 2026, **84 Palestinian prisoners and detainees (including one minor) whose identities are known** died in Israeli prisons or detention facilities. Human rights organizations and other media outlets have reported an even higher number – at least 94 deaths, including some whose identities are unknown. As of August 2025, at least six Palestinians had died during ISA (Shin Bet) interrogations.

— Testimonies from released prisoners indicate a grave pattern of **sexual violence** in detention facilities and prisons, ranging from threats of sexual assault, through forced stripping, to actual sexual assaults. These include beatings to the genitals that caused severe injuries, setting dogs on prisoners, and **forced anal penetration with various objects**.

— Detainees and prisoners continue to be subjected to frequent, institutionalized, organized **violence and abuse**, including electric shocks, use of tear gas and stun grenades, burning by extinguishing cigarettes on their bodies or pouring boiling liquids on them, firing of rubber-coated metal bullets, beating with batons and setting dogs on them.

— **Living conditions** for prisoners and detainees remain inhuman, including extreme overcrowding, prolonged shackling and denial of contact with the outside world, as well as deliberate starvation, poor-quality food and denial of basic hygiene such as showers, clean clothes and clean drinking water. The conditions in Rakefet Wing in Ayalon (Ramla) Prison, which is entirely underground, are especially harsh.

— Denial of medical care continues to serve as a method of torture in itself, leading to irreversible harm that ranges from limb amputations to loss of hearing and eyesight, and even cases of death. The skin disease scabies is particularly rampant, as it is not adequately treated and continues to spread throughout the facilities.

## How many prisoners and detainees are currently in Israeli custody?

According to the quarterly detainees' report published by the IPS, **in September 2025** the IPS was holding 10,863\* Palestinians classified by the Israeli regime as "security prisoners."

Of these, 7,425 were residents of the West Bank, including East Jerusalem, 2,931 were residents of the Gaza Strip and 507 were citizens of Israel. Among these inmates, 3,521 were defined as "administrative detainees" (Palestinians imprisoned without trial and without the opportunity to mount a defense against allegations), 1,492 were defined "security convicts" (Palestinians serving prison sentences handed down by a court), 2,623 were defined "unlawful combatants" (Palestinians from Gaza held without trial), and 3,227 were defined "security detainees" (Palestinians against whom legal proceedings are underway but have not yet been sentenced). According to the report, 350 of the Palestinian inmates were minors and 48 were women.

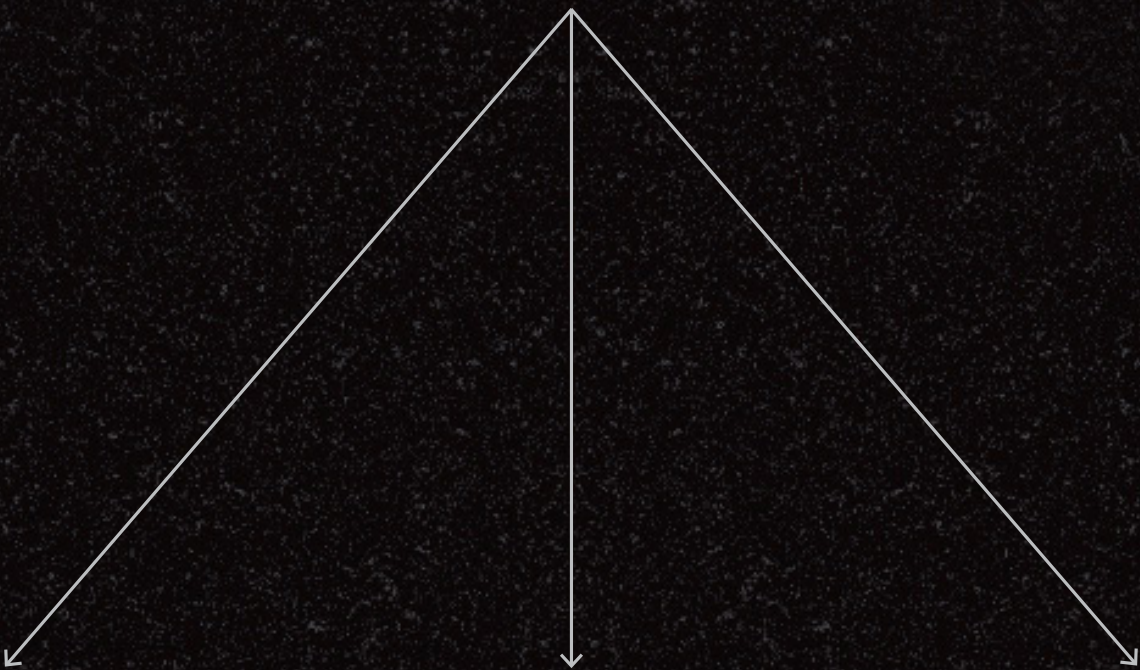
While Israel divides Palestinian inmates into different categories, as detailed above, the focus of this report is the inhuman conditions in which they are held. Accordingly, in this report, the term "Palestinian inmates" includes prisoners, detainees, "unlawful combatants" and "administrative detainees" classified by the state as "security prisoners."

In October 2025, after the last IPS quarterly report was released, approximately 2,000 Palestinian inmates were released as part of the "ceasefire agreement" between Israel and Hamas. Of these, 1,700 were adults and 22 were minors from the Gaza Strip arrested after 7 October 2023. This indicates that even after the exchange deal, the number of Palestinian inmates held in Israel is still significantly higher than before the war: it is estimated at around 9,000 (by the end of September 2023, the total number of Palestinian inmates from the West Bank, including East Jerusalem, and from the Gaza Strip was 4,935).

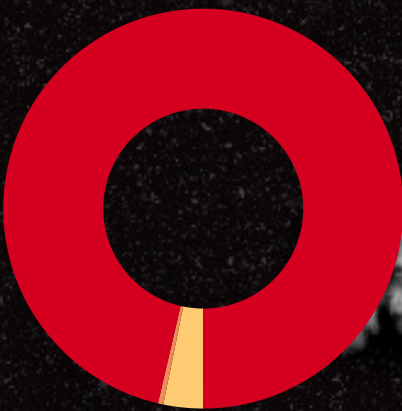
\* The figures above are based on the quarterly inmate report issued by the IPS, and do not include information on the nationality of "security prisoners." However, past data show that the number of Jewish prisoners classified as "security prisoners" is negligible and includes only a few individuals.



IN SEPTEMBER 2025  
ISRAEL WAS HOLDING **10,863\***  
PALESTINIANS IN PRISON



AGE & GENDER



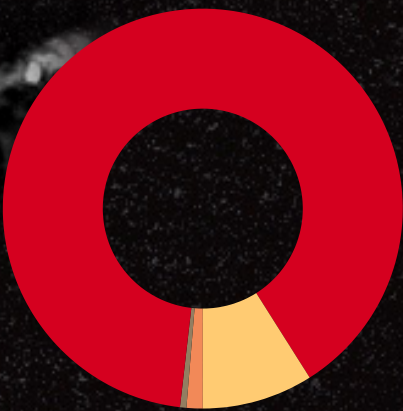
**10,465 ADULT MEN**  
**350 MINORS**  
**48 WOMEN**

LEGAL CLASSIFICATION



**3,521 ADMINISTRATIVE DETAINEES**  
**3,227 SECURITY PRISONERS**  
**2,623 UNLAWFUL COMBATANTS**  
**1,492 CONVICTED ON SECURITY GROUNDS**

AREA OF RESIDENCE



**7,425 WEST BANK, INCL. EAST JERUSALEM**  
**2,931 GAZA STRIP**  
**507 ISRAEL**

\* The figures above are based on the quarterly inmate report issued by the IPS, and do not include information on the nationality of "security prisoners." However, past data show that the number of Jewish prisoners classified as "security prisoners" is negligible and includes only a few individuals.



## Deaths in custody

Based on B'Tselem's ongoing monitoring and documentation, from the beginning of the war through December 2025, **84 Palestinian prisoners (including one minor) whose identities are known** died in Israeli prisons and detention facilities. Of these, 50 were residents of the Gaza Strip, 31 were residents of the West Bank, and 3 were Palestinian citizens of Israel. Israel has released only four bodies and continues to hold the remaining 80. As part of its efforts to conceal crimes committed in detention facilities, Israel often blocks reliable autopsies, preventing clarification of the circumstances and causes of death of dozens of inmates for whose safety and health it is responsible.

A report published by Physicians for Human Rights-Israel in November 2025, which also includes Palestinian prisoners whose identities are unknown, provides verified information on at least 94 Palestinians who died in Israeli custody from the beginning of the war through the end of August 2025. According to reporting by Haaretz, as of August 2025, at least six Palestinians had died during Shin Bet interrogations.

These figures include only Palestinians who are known to have been arrested. The fate of hundreds of other Palestinians from Gaza who were detained by the military, yet there is no confirmation they were taken to prison, remains unknown. This gives cause for concern that the above figures are underestimates.

## Sexual, physical and psychological abuse

### Sexual and gender-based violence

Several recently released prisoners who spoke with B'Tselem described undergoing or witnessing sexual violence in custody. Their testimonies include descriptions of sexual assault, threats of sexual assault, forced stripping, severe injury to genitals by beating, attacks involving dogs, and forced anal penetration with various objects. In addition, testimonies given to the UN Committee Against Torture (CAT) reported sexual abuse of minors, electric shocks to the genitals, and filming of degrading videos of a sexual nature. A recent BBC investigation also presented testimonies of sexual abuse of Palestinian inmates by Israeli prison guards.

"During the torture, one of the soldiers raped me. He shoved a wooden stick into my anus, left it there for about a minute, and pulled it out. Then he shoved it back in, even harder, and I screamed at the top of my lungs. After a minute, he pulled the stick out again, told me to open my mouth, pushed the stick into my mouth and forced me to lick it."

From the testimony of **Tamer Qarmut**, 41, a father of five from Beit Lahiya in the northern Gaza Strip. He was held at the Sde Teiman detention facility and at the Negev (Ketziot) Prison, and was released on 13 October 2025 | [Full testimony](#)

"One of them [the guards] sat on my back, another trod on my head, and the third tried to push something hard into my anus. I tried to clench my muscles and resist, but they managed to push it in. The pain was horrific and I screamed, but they repeated that six times. Then I felt the pour some kind of liquid on my backside, I don't know what it was. All three of them laughed and jeered while abusing and raping me."

From the testimony of **Samir a-Sa'i**, 46, a father of six from Tulkarm in the West Bank. He was held at Megiddo Prison and released on 10 June 2025 | [Full testimony](#)

"At the Sde Teiman facility, I went through the hardest days of my life. I'm still suffering from severe trauma. They held me naked, and soldiers set dogs on me that attacked me. They beat me on the penis, tied it with a plastic cord and caused swelling and bleeding."

From the testimony of **S.S.**. He was held at the Sde Teiman detention facility and at the Ofer Prison and Negev (Ketziot) Prison, and was released on 13 October 2025 | [Full testimony](#)

"I also saw prisoners who were sexually assaulted. Some were attacked by dogs in sensitive areas and after that had urgent surgery. Some prisoners bled from the rectum and urethra. One had to be amputated due to neglect and denial of treatment."

From the testimony of **Ibrahim Fuda**, 35, a father of two from Beit Lahiya in the northern Gaza Strip. He was held at Negev (Ketziot) Prison and released on 14 February 2025 | [Full testimony](#)



## Physical violence and intimidation

Palestinian prisoners continue to be subjected to severe physical violence and organized, institutionalized abuse. Recently released prisoners who spoke with B'Tselem described an ongoing routine of severe violence that includes electric shocks, the use of tear gas and stun grenades, extinguishing cigarettes on prisoners' bodies, pouring of boiling liquids on their bodies, firing rubber bullets, beatings with batons and setting dogs on them, among other practices. This violence caused inmates severe injuries, loss of consciousness, loss of vision and hearing, bone fractures, internal bleeding, blood in the urine and more.

Testimonies given to B'Tselem and [reports](#) by human rights organizations indicate that violence and brutal attacks are a regular part of daily life in prisons and detention facilities: during the arrest itself, upon arrival at the facility, when exiting and entering cells, during roll call, during rare visits to the clinic, and before and after court hearings (for further details on physical and psychological abuse of Palestinian prisoners, see [Welcome to Hell](#), p. 44). Testimony after testimony given to B'Tselem point to severe torture inflicted on prisoners during interrogations:

**"The soldiers arrested me and took me naked to a nearby building [near a-Shifaa Hospital] that the military had seized and turned into a military post. They tied my hands, covered my eyes with a piece of cloth, and left me naked. [...] During the interrogation, the soldiers put out cigarettes on my body, poured hydrochloric acid on me and burned my back with a lighter. Because of the burns, I lost sight in my left eye."**

From the testimony of **Muhammad Abu Tawilah**, 35, a father of one from a-Shuja'iyah neighborhood in Gaza City. He was held in military posts inside the Gaza Strip and at Ofer Prison, and was released on 15 February 2025 | [Full testimony](#)

Other testimonies highlight particularly brutal torture carried out during interrogations, in a room referred to as the "disco room":

**"For the interrogations, I'd be taken to a room they called the 'disco' room. For six days, I was given only a bottle cap of water a day to drink, and to eat only one cucumber and a piece of rotten bread that the soldier stepped on before giving it to me. I was beaten nonstop and occasionally given electric shocks. I sat on a metal**

**chair from morning until night. Outside the room, there was a huge loudspeaker that played songs in Hebrew at an unbearable volume; my eardrum ruptured and my ear bled. There was no bathroom in the room, so I peed in my clothes."**

From the testimony of **S.S.**. He was held at the Sde Teiman detention facility and at Ofer and Negev (Ketziot) prisons, and was released on 13 October 2025

**Full testimony**

Testimonies collected for a report submitted by the Public Committee Against Torture in Israel and other organizations to the CAT point to severe violence during Shin Bet interrogations. This includes shackling in stress positions such as the "banana" (holding the body curved) and the "frog" (prolonged squatting), suspension by the wrists, pulling of limbs, sleep deprivation, "freezing" rooms and confinement in filthy, insect-infested cells under constant artificial lighting. Loss of consciousness, broken teeth, internal bleeding, muscle tears, blood in the urine, loss of the ability to eat independently, and temporary loss of sensation in the limbs are only some of the documented consequences of these interrogations. Some prisoners also reported inability to move independently after interrogation.

According to data published by Physicians for Human Rights-Israel in the same report, based on visits conducted with 349 Palestinian prisoners between 7 October 2023 and 30 June 2025, 76% of Palestinian prisoners experienced severe violence at the time of arrest, 65% experienced at least one incident of severe violence inside the detention facility, and 44% suffered prolonged injuries or medical problems as a result of this violence.

## Abuse of minors

As of September 2025, 350 minors were being held by Israel. A report submitted by Defense for Children International-Palestine to the CAT in November 2025, based on 325 affidavits collected from Palestinian prisoners who were minors from the West Bank, found that **74% of the incarcerated minors suffered violence, 26% were interrogated under conditions of pressure, and 21% were placed in solitary confinement for two days or more as a means of pressure during interrogation.**



In March 2025, Walid Ahmad, a 17-year-old Palestinian who was held at Megiddo Prison, died as a result of starvation and denial of appropriate medical treatment. Ahmad is the first minor to die in an Israeli incarceration facility since 7 October 2023, and as of January 2026, Israel is still holding his body.

## Humiliation, verbal abuse and psychological abuse

The testimonies from Palestinian prisoners depict a pattern of systematic use of humiliation and psychological abuse as methods of torture intended to break their spirit. Released prisoners reported being filmed while naked, forced to "apologize" for crimes they did not commit and sing "Am Yisrael Chai," subjected to severe insults directed at them and their families, and receiving threats of physical and sexual harm to family members. In other cases, prisoners described soldiers spitting and urinating on them. In several additional cases detailed in testimonies collected by B'Tselem, psychological abuse was described as part of an attempt to recruit collaborators:

**"During the interrogations, the interrogators tried to persuade me to work with them. They promised me new clothes and food, but I refused. They told me they had killed my entire family, which had a very deep effect on my feelings. I wanted to die."**

From the testimony of **Ibrahim Fuda**, 35, a father of two from Beit Lahiya in the northern Gaza Strip. He was held at the Negev (Ketziot) Prison and released on 14 February 2025 | [Full testimony](#)

# Incarceration procedures

## Inhuman living conditions

At the end of September 2023, Israel was holding 4,935 Palestinians in prison facilities (2,222 of them convicted prisoners). By September 2025, their number had more than doubled to 10,863 (including 1,492 convicted prisoners). This dramatic increase led to inhuman overcrowding in cells, in keeping with a declared policy of deliberately making conditions worse for Palestinian inmates. For example, many prisoners were forced to sleep on the floor, including in winter, often without a mattress or blanket.

Recently released prisoners also described confinement in filthy cells, sometimes in complete darkness, sleep deprivation, prolonged shackling of hands and feet – including during showers and while using the toilet – prolonged squatting and blindfolding for extended periods, sometimes even for the entire time in prison:

**"Because our hands were tied very tightly the whole time, the zip ties wore away the skin and flesh at my wrists. It bled all the time, until at some point, the bones in both hands were exposed. It was sharp pain all the time. When my condition got worse, the soldiers took me to a place where a female doctor treated me. It took her a whole day to drain a lot of infected blood and blood clots from my fingers, using only the most basic medical equipment."**

From the testimony of **Tamer Qarmut**, 41, a father of five from Beit Lahiya in the northern Gaza Strip. He was held at the Sde Teiman detention facility and at the Negev (Ketziot) Prison, and released on 13 October 2025 | [Full testimony](#)

The released prisoners also described a routine of subhuman living conditions such as being regularly held in cold and damp environments, without being able to shower, suitable clothes or a change of clothes:

**"They hardly allowed us to shower, and when they did, it was only for two minutes. We didn't change out of those tracksuits for more than two months. Our clothes got so filthy, and we had to wash them and put them back on while still wet, even in the cold of winter."**

From the testimony of **Muhammad al-Mishwakhi**, 45, a father of seven from Rafah in the southern Gaza Strip. He was held at the Sde Teiman detention facility and was released on 13 October 2025 | [Full testimony](#)



## "Rakefet" Wing

Particularly notable for its subhuman conditions is Rakefet Wing at Ayalon Prison (formerly Ramla Prison), which is located entirely underground and enables no exposure to daylight at any time. The wing was closed in the 1980s following allegations of inhuman conditions and was reopened by Minister Ben Gvir at the start of the October 2023 war. The minister used the extreme torture conditions on the wing as a cynical PR means for intensifying the dehumanization of Palestinian prisoners, there and in other facilities. According to reports by human rights organizations, prisoners held in Rakefet Wing describe routine violence, including violent surprise searches of cells and psychological abuse such as displaying posters depicting destruction in Gaza.

## Denial of contact with the outside world

As part of the denial of Palestinian prisoners' rights, the Israeli regime works to isolate them from the outside world and prevent oversight of the conditions in which they are held. Under this policy, since October 2023, family visits have been completely suspended, and access has been denied to representatives of the International Committee of the Red Cross, whose role is to monitor detention conditions. Prison authorities place obstacles before Palestinian prisoners wishing to meet with their lawyers, including systematic allegations of supposed "security suspicions" against attorneys to justify denying them entry and even banning them from prisons for extended periods.

Thus, beyond severe violation of the right to legal representation, denying lawyers' visits also seriously undermines the ability of families to receive updates. This heightens anxiety and uncertainty regarding their loved ones' fate, already exacerbated by many accounts of abuse and torture in Israeli prisons since October 2023 (for further details, see Welcome to Hell, p.44).

According to human rights organizations that provide legal counsel to Palestinian prisoners, another worsening trend is the deliberate obstruction of lawyers' work and severe, systematic violation of attorney-client privilege. Lawyers have reported prison guards preventing them from bringing legal materials into meetings, allowing only blank sheets of paper and pens. Any written material brought by lawyers is meticulously scanned by guards, even when it is protected by legal privilege; at times, it is used as grounds to deny the visit and ban the lawyer for

allegedly "passing on messages." In one case, a lawyer was barred after bringing a Palestinian inmate at Ofer Prison photographs of his children. There are also many reports of guards remaining present throughout the entire meeting with the lawyer, making it difficult for prisoners to consult them freely. Lawyers have stated that even when clear signs of violence or denial of medical treatment are visible on prisoners' bodies, the prisoners do not dare mention it in the presence of guards, for fear of retribution.

## Denial of living conditions

### Denial of medical treatment

According to analysis by Physicians for Human Rights, there is evidence that the **denial of medical treatment**, together with other torture practices, has systematically led to the deaths of Palestinians in Israeli prison facilities and camps. According to findings from 10 autopsies performed on Palestinians who died in IPS custody since 7 October 2023, denial of medical treatment was documented in six of 10 cases.

In a report submitted to the CAT in November 2025, several human rights organizations stated they had documented many cases in which Palestinian prisoners suffered irreversible medical consequences due to the deliberate denial of medical treatment. Among other things, physicians who served at a temporary hospital established at the Sde Teiman military incarceration facility testified to cases of limb amputations resulting from violence, prolonged shackling and lack of appropriate medical treatment. According to their testimonies, all patients at the hospital were kept blindfolded, with all their limbs shackled, even while receiving medical care. The restraints also prevented them from accessing toilets, and they were forced to relieve themselves in diapers. Additional testimonies collected by B'Tselem described severe injuries and chronic illnesses that were not treated, as well as cases of limb amputations.

**"A day after we arrived at Sde Teiman, I started feeling excruciating pain in my feet. Gradually, I lost the ability to stand. [...] On 14 March 2024, I woke up and found myself lying in a large pool of blood. I was shocked. I looked at my feet and saw they were bleeding. It was a horrific sight, and I started screaming and crying**



hysterically, hoping someone would come to help me. I was taken to the prison hospital. I heard the doctor tell the soldiers I'd suffered severe blows to my kidneys, which had also caused the wounds on my feet. I stayed in the hospital for 10 days and had seven operations on my legs. I was shackled and blindfolded the entire time. I was confined to bed and couldn't move or walk at all. [...] About a week later, a doctor in uniform told me: 'Listen, your life is in danger. You have to choose between amputating both legs or dying.' I started crying and screaming, hoping someone would hear my pain, my torment, my grief. They handed me a document and forced me to sign that I agree to have both legs amputated."

From the testimony of **Jibril a-Safadi**, 45, a diabetic and a father of six from Khan Yunis in the southern Gaza Strip. He was held at the Sde Teiman detention facility and at Ofer Prison and Nafha Prison, and was released on 13 October 2025  
**Full testimony**

Additional testimonies submitted to the CAT indicate that Palestinian women prisoners do not receive menstrual hygiene products or access to gynecological care, and that similar care is also denied to pregnant women.

Due to the combination of starvation and poor-quality food, extreme overcrowding, denial of basic living conditions and hygiene, and denial of medical treatment, almost all Palestinian prisoners experienced deterioration in their medical condition during incarceration. One especially prominent example is the spread of scabies throughout the facilities. In November 2024, it was reported that **about a quarter of Palestinians in IPS custody had been diagnosed with scabies.**

The disease remains rampant. A message sent on 5 November 2025 from the Negev (Ketziot) Prison to a lawyer requesting to visit an inmate noted that "all prisoners in the unit staying in compounds A/B/C are defined in need of treatment for scabies." As a result, entry to the prison was prohibited and the attorney was prevented from meeting his client. According to information provided to Physicians for Human Rights, as of November 2025 there were 1,437 scabies patients across all prisons, yet this is likely a significant underestimate.

Another example of the spread of infectious disease due to inhuman conditions is the symptoms of an infectious intestinal disease diagnosed among Palestinians at Megiddo Prison, which led to extreme weight loss.

## Denial of food and starvation

In response to a petition submitted to the High Court of Justice by the Association for Civil Rights in Israel and Gisha in April 2024 concerning the starvation policy toward Palestinian prisoners, Minister Ben Gvir stated: "My policy is to reduce the conditions of security prisoners to the minimum required by law, including food and calories."

Only in September 2025, about a year and a half after the petition was filed, while prisoners continued to suffer from a deliberate starvation policy, the High Court accepted the petition and ruled there was indeed concern that the provision of food to Palestinian prisoners did not sufficiently ensure compliance with the legal standard. Despite the High Court ruling, reports by human rights organizations and the media indicate that, other than receiving slightly larger quantities, Palestinian prisoners are still deliberately starved. Testimonies to B'Tselem reported subsisting mainly on sliced bread, meager food of poor quality, weight loss and constant hunger:

**"I was hungry most of the time because we were given very little food, and whatever we did get was bad. Sometimes the bread was moldy. I remember that after seven months in detention, they brought us a bucket of tea with cockroaches in it, and of course we didn't drink it."**

From the testimony of **Tamer Qarmut**, 41, a father of five from Beit Lahiya in the northern Gaza Strip. He was held at the Sde Teiman detention facility and at the Negev (Ketziot) Prison, and released on 13 October 2025 | [Full testimony](#)

The testimonies also described a shortage of clean drinking water:

**"They cut off the water supply, and when they restored it, it was only for one hour. We had no choice but to drink contaminated water. We collected water in the folds or lining of the tent, and sometimes we had to drink from the toilet cistern."**

From the testimony of **Ibrahim Fuda**, 35, a father of two from Beit Lahiya in the northern Gaza Strip. He was held at Negev (Ketziot) Prison and released on 14 February 2025 | [Full testimony](#)



