

# INDIA PACKING LIST

## Travel Documents

- Passport with at least 6 months validity after your dates of travel
- E-Visas printed
- Travel insurance with emergency contact telephone and policy number
- Flight tickets, e-ticket
- Photocopies of important documents like tickets, visa, passport, credit card, itinerary to be kept in each luggage bag and email a copy to yourself
- Trip Itinerary along with hotel address and phone
- Passport size photographs for various permits
- International driving license if you plan to drive
- Travel vaccination certificates

## Luggage

- Easy to carry luggage is preferable as there are many stairs, uneven roads and tight places to fit your baggage.
- Day pack is essential for carrying your camera, water and scarf during the day

## Personal Health

Medicine is readily available in India. Bring the essentials and load up on other stuff as necessary.

- Personal medication/prescriptions
- Prescription glasses and sun glasses
- Contact lenses and solution
- High protection sunscreen (50+)
- Lip balm
- Sanitary pads or tampons
- Travel sickness tablets or anti-vomiting tablets (Dramamine)



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- Advil or other headache medication
- Chewable antacid/antigas tablets (TUMS)
- Imodium AD tablets (for serious diarrhea)

## Money

- \$100-200 USD/Euros
- Money belt or pouch
- Call your bank & credit cards to let them know you will be in India

## Sleeping Aids

- Eye mask
- Ear Plugs
- Inflatable neck pillow for comfortable sleeping for flight
- Night clothes/sleepwear

## Clothing

It is recommended to bring fast drying and easy to wash clothing. If you will be going trekking in the jungle, or on a safari, wear beige, light green or light brown clothing.

- 4 pairs of loose, thin trousers (I love leggings for women)
- 4 thin and light cotton shirts and/or kurtas
- 1 long skirt/cotton dress for going out
- 1 long-sleeved top (for evenings when mosquitoes are out)
- 1 pair of jeans for horseback/camel riding type activities
- 1 thin cardigan for air-conditioned travel
- 2 shawl/scarves to cover your head, shoulders for religious places
- 4 pair of Socks/underwear
- 1 lightweight, waterproof, windproof jacket
- 1 Sarong which can be used as head/shoulder scarf, or blanket or wrap for beach
- Swimsuit



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## During Monsoon

- Rain jacket
- Lightweight folding umbrella
- Waterproof bags for rain protection while walking
- Waterproof shoes

## Shoes

- 1 pair of flip-flops & waterproof sandals
- 1 pair of comfortable walking/hiking shoes with good grip

## Travel Accessories

- Cell phone (Be sure that it's "unlocked" and you may be able to buy a local SIM card to make international phone calls. Otherwise organize Trabug phone)
- International plug adapter with UK and large round pin
- Camera, memory cards & extra camera battery with charger
- Hat/wide brim hat

## Personal Items

- Toiletries: Shampoo, conditioner, body soap, face wash, moisturizer
- Shaving razors
- Hairbrush / comb
- Deodorant
- Makeup kit
- Toothpaste, Toothbrush
- Tweezers & nail clippers
- Feminine products (difficult, but not impossible to find in India)
- Small packets of Kleenex
- Paper soaps & Toilet paper
- Small sewing kit, safety pins & rubber bands
- Nutrition food bars for emergencies or if you don't like the food

