



India Packing Guide

Clothing

Please keep in mind that all wash is done by hand and hung to dry. Lightweight, quick dry clothing is highly recommended. If you are in a village where your laundry is done for you, please be sure to wash your own undergarments.

- ☐ Men's clothing: lightweight pants, long shorts, collared short-sleeved shirts, and t-shirts
 - Shorts and sleeveless shirts should be avoided.
- ☐ Women's clothing: modest tops, loose fitting slacks, mid-calf to ankle length dresses and skirts.
 - Short skirts, low rise pants, tank tops, shorts, tight or see-through dresses or pants, and low-cut or revealing blouses should not be worn.
- ☐ Sufficient undergarments (a two-week supply is recommended)
 - If you are in a village where your laundry is done for you, please be sure to wash your own undergarments.
- ☐ Sandals, comfortable walking shoes, and shower shoes (all broken in)
- ☐ Lightweight rain poncho (especially if you will be traveling during the spring or fall)
- ☐ Long-sleeve sweater or lightweight fleece
- ☐ One nice outfit (in case you are invited to a religious service, wedding, or funeral)

Water Usage

You will need to be purchasing your own water. The cost for three, 1-liter bottles is approximately \$1.00 USD. Make sure all bottled water is sealed.

General Supplies

- ☐ Face masks (such as N95 or KN95 recommended) – please follow local COVID-19 guidelines for masks requirements.
- ☐ DEET - for preventing mosquito bites
- ☐ Durable water bottle
- ☐ Back-packing towel and washcloth
- ☐ Sleep sack
- ☐ Pillowcase
- ☐ Small daypack
- ☐ Pocketknife (make sure to pack in checked luggage)
- ☐ Snacks (bring snacks that will not melt, such as protein or granola bars)
- ☐ Sun hat, cap, or visor
- ☐ Sunglasses
- ☐ Lightweight flashlight or headlamp (bring extra bulb and batteries)
- ☐ Digital camera (with batteries and/or charger)
- ☐ Batteries (you may want to bring a solar battery charger)
- ☐ Toilet paper
 - Note: Toilet paper may be purchased in Mayapur however, you may want to bring a few rolls for the beginning of your trip. You may also want to remove the cardboard tube to make rolls easier to pack.
- ☐ Hand sanitizer and wipes
- ☐ Toiletries (shampoo, soap, deodorant, brush/comb, toothbrush, toothpaste, unscented lotion, etc.)
 - We recommend Dr. Bronner Magic Soaps for an all-in-one soap.
- ☐ Ventilated case for toothbrush or travel toothbrush
- ☐ Mouthwash (for disinfecting your toothbrush)
- ☐ Extra prescription glasses (if needed)
- ☐ Biodegradable laundry detergent

- ☐ Mini sewing kit
- ☐ Duct tape
 - Note: You may want to pack some duct tape by unwrapping it from the roll and rewinding it around the bottom of a water bottle.
- ☐ Luggage locks
- ☐ Zip-lock bags or reusable alternatives (2-3 sizes)
- ☐ Journal or notebook
- ☐ Pens
- ☐ Reading material
- ☐ Art supplies (optional)
- ☐ Photos of your family, home, pets, friends, and community to share
- ☐ Electrical Adapter

Suggested Medical Kit

While you may be able to find many supplies in India, access may be difficult and inconvenient. It is a good idea to consider packing the following items. It is also appreciated if you leave any remaining medical supplies when you depart.

Please consult a travel doctor for travel medications and vaccinations.

- ☐ Malaria medicine (see Health Guide for more information)
- ☐ Permethrin (optional - for mosquito nets)
- ☐ Electrolyte solution (to add to water)
- ☐ Sun block (for skin and lips)
- ☐ Aloe Vera gel (for sunburns)
- ☐ Aspirin or other headache medications
- ☐ Personal prescriptions (bring an extra copy of the paper prescription for refills/replacement if necessary)
- ☐ Multi-vitamin
- ☐ Imodium or similar medication

- ☐ Pepto-Bismol tablets
- ☐ Ipecac Anti-fungus powder or cream
- ☐ Ringworm medication
- ☐ General purpose antibiotic (obtain from your doctor before you leave)
- ☐ Halog cream (anti-inflammatory, antipruritic that is good for insect bites)
- ☐ Antihistamine (for bites and unexpected allergies)
- ☐ Eye drops
- ☐ Bacitracin or other triple antibiotic ointment (for cuts and abrasions)
- ☐ Bandages, Band-Aids, Telfa pads, or New-Skin Antiseptic Liquid Bandage
- ☐ Roll gauze - 3"
- ☐ Adhesive tape (one roll)
- ☐ Scissors, nail clippers, and tweezers (remember to pack in checked luggage)
- ☐ Digital thermometer
- ☐ Sanitary pads, napkins, or tampons (if needed)

Alternative First Aid Kit

Please note that these treatments are designed for non-serious conditions only, and you may not be able to purchase these items once you arrive in India.

- ☐ Geranium and catnip oil (for repelling mosquitoes)
- ☐ Tissue salt of calcium sulphate - CALC SULPH 6X (for treating heat exhaustion)
- ☐ Tea tree oil (natural antiseptic)
- ☐ Slippery elm capsules (to prevent diarrhea, take one before each meal)
- ☐ Charcoal pills (for gas or an upset stomach)
- ☐ Homeopathic arsenicum album, carbo vegetalis, or nux vomica (for treating diarrhea)
- ☐ Psyllium husks (for treating constipation)
- ☐ Arnica cream (to treat bruises and sprains, apply immediately)

- ☐ Homeopathic Melatonin drops (for treating jet lag or regulating sleep)
- ☐ Vitamins A, C, or E (for coping with fatigue, stress, or lack of fresh air)
- ☐ Dr. Bach's Rescue Remedy (for treating stress, panic attacks, or exhaustion)
- ☐ Natural sleep remedies (can be found at your local health food store)

Gifts

You may want to bring several gifts from home for the special people you will meet. Practical gifts are always appreciated. Items might include: first aid kits, pencils and pens, erasers, pencil sharpeners, crayons, chalk, staplers, staples, paper, notepads, deflated sports balls or other balls, sewing kits, scissors, nail clippers, educational supplies/ flash cards, calculators, solar battery charger, re-chargeable batteries, etc.

Please do not bring toys or candy. If you choose to give to individuals, please do so inconspicuously. We recommend giving gifts to a school or program, to be shared equally.

In addition, you may want to consider leaving some of your own supplies when you depart the villages. Lightweight rain ponchos and medical supplies are greatly appreciated.

Donations

As you prepare for your trip, you may want to consider requesting donations of medical supplies from your local medical centers, hospitals, grocery stores, and/or drug stores. A sample donation letter and list of possible donations, for taking to stores and clinics, can be found in the *Travel Documents* section of our website.

When you arrive in India, please declare these donations as gifts when you pass through customs.