

## **Suggested Gear List for Traveling in India**

*This a suggested gear list and there are many possibilities for substitution or additions based on personal preferences. One should note that it is easy and inexpensive to have hotels do your wash and/or purchase clothes in India.*

### **Clothing**

- Backpack, Suitcase or Duffel: Durable
- Rain Pancho/jacket – Gore-tex also good but generally too warm
- Heavy Long Sleeve Shirt, Sweater or Jacket (1-2)
- Underwear - (4 prs)
- Socks - (3prs)
- Tee Shirts or Short Sleeve Button Down (3-4)
- Walking shoes or Sneakers
- Sandals (Tevas, Birkenstocks)
- Flip Flops (For showers) can also be used as Sandals
- Sun Hat/baseball cap
- Lightweight (Hiking) Pants or long skirt (2): Very lightweight.
- Towel (small one)
- Shorts/bathing suit
- Bandanas/Handkerchief ( 2-3) Head scarf for women
- Optional - stuff sacks for clean clothes

### **Travel Accessories**

- Money Belt to hold: Passport, Credit Cards, Travelers Checks, Cash, Health Certificate, return flight tickets, 2 extra PP photos, blank checks
- Eyeglasses - Contact Lenses (bring prescription and extra pair of glasses)
- Sunglasses
- Small Medical Kit (medications, antacid, Tylenol, Excedrin, hydrocortisone for mosquito bites, Imodium, Antihistamine)
- Swiss Army Knife
- Sunscreen 40 SPF
- Insect repellent (Use no more than 33% deet)
- Flashlight or Headlamp
- Toilette Bag (soap, toothbrush, paste, floss, sewing kit, hair needs)
- Camera (film and batteries)
- Reading Book, Language books, Writing Journal, Language guide
- Phone book
- Travel clock
- Asia Electrical Adapter

### **Other**

- Business cards
- Emergency Phone numbers
- List of credit card company phone numbers in case of theft
- Earplugs