



Items Check-List

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ESSENTIALS FOR INDIA

- 1) Current Passport (apply at post office) and Indian Visa (- send passport and money order to the Consulate General of Indian in San Francisco, www.cgisf.org). Hip-pack for passport and money safekeeping. Make two copies of your passport, one for home and one copy to carry with you.
- 2) Traveler checks and credit cards for purchases, meals and donations
- 3) Toothbrush, toothpaste, toilet paper and toilet articles
- 4) Transformer and special plugs for India if you have any electrical items
- 5) Handy-wipes are very useful
- 6) Mosquito repellent (important for airports and busses) bring sufficient quantity
- 7) Sunscreen and hat
- 8) Towel for ashrams, camping
- 9) Sandals or flip flops (easy to remove for temples)
- 10) Tennis shoes or comfortable hiking shoes
- 11) Shorts for camping (for Mountains Portion)
- 12) Trunks or swimsuit (one piece for ladies)
- 13) Layered clothing (for plane and occasional cool evenings) and down jacket (for Mountains Portion)
- 14) Wool socks (a must for Mountains Portion)
- 15) Camera, extra film and extra batteries
- 16) Small flashlight with extra batteries or wind-up flashlight
- 17) All medicines, vitamins and supplements that you take
- 18) Vaccinations recommended by Health dept., malaria pills
- 19) Suggested medicines if necessary: Lomotil for diarrhea, Laxative, Tylenol, sleeping aid for long plane ride, Airborne to help resistance on planes
- 20) Ear plugs and eye covers for the plane
- 21) Inflate cushion or light weight yoga pad, small pillow for sitting on hard floors
- 22) Your favorite snacks or foods such as peanut butter, trail mix or favorite treats
- 23) Pens and candy for Indian children
- 24) Pack lightly as you may purchase Indian clothing in Delhi for the tour
- 25) Lightweight down sleeping bag (for Mountains Portion)
- 26) Handkerchief or scarf to cover nose and mouth in polluted areas
- 27) Travel alarm clock or watch

Please note that you are allowed only two check-in bags (total weight of 44 pounds) and one carry-on, plus a purse for all flights within India.