



# Items Check-List

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## ESSENTIALS FOR INDIA

- Current Passport and Indian Visa + 2 copies of each (one for home and one to carry with you)
- Debit card and cash (don't forget to inform your bank of your travel plans)
- Hip pack to wear under your clothes for passport and money safekeeping
- Toothbrush, toothpaste and toiletry items
- Toilet paper or travel packs of tissue
- Travel clock or watch with alarm
- Prescription medication (including malaria pills) and any vitamins and supplements that you will need for the duration of the tour
- Suggested medicines to have, if needed: laxative or stool softener, Imodium, etc. for diarrhea, sleeping aid or Jet-Lag remedy for long plane ride, Airborne, Tylenol, herbal remedies
- Mosquito repellent, bring sufficient quantity
- Your favorite snacks, treats or foods, such as trail mix, peanut butter, etc.
- Sleepsack -primarily for the ashrams and trains, Dreamsacks are great, buy one that is as roomy as possible
- A day pack or large cloth bag for everyday use
- One or two small flashlights with extra batteries, or wind-up flashlight
- A towel for the ashrams and camp (a lightweight camping towel is an excellent choice)
- Sunscreen and brimmed hat
- Any chargers or transformers that you will need for cameras and devices, also special outlet plugs for India
- We suggest packing lightly for the tour as you may wish to purchase Indian clothing the first week. We suggest that women bring one or two long or tunic style blouses to wear until then.
- Layered clothing and down jacket or vest for the mountains and occasional cool evenings
- Warm socks are a must for the mountains
- Comfortable undergarments, especially for women
- Comfortable and lightweight hiking or walking shoes (Keen closed toe sandals have proven to be a versatile and excellent all round shoe for many people)
- Sandals or flip flops (easy to remove for temples and other "shoeless" places)
- Laundry soap and optional camping type clothesline and clothes pins

## HELPFUL/OPTIONAL ITEMS

- Inflatable cushion or lightweight/travel yoga mat or small pillow for sitting on hard floors
- Digital camera, plus charger and extra batteries
- Handy-wipes
- A supply of ziplock bags
- IPOD and ear buds
- Collapsible Armrest for OM technique
- Shorts, tank top, jeans and swimsuit as desired for camp, Corbett Park, etc.
- Ear plugs and eye covers for plane
- Candy or small treats for Indian children
- Handkerchief or scarf to cover nose and mouth as needed in polluted areas
- Journal

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.