

# Things to Bring to India



## Overall:

One suitcase and one backpack. Pack another closeable bag (like a gym bag) in the suitcase if you think you might have extra purchases to carry home after travel. If you don't have an extra bag, you can easily purchase one for US\$5-8 in India.

## Secure:

Travelers checks  
ATM card  
Passport  
Photocopy of passport with you and with someone at home  
Cash  
Money belt or round-the-neck version  
Print out of travel arrangements with confirmation codes  
Itinerary/Syllabus

## Clothes for hot weather:

Shoes  
Socks (need several pairs for temples)  
Undergarments  
Pants  
Shirts  
Bathing suit  
Ladies: Note that clothing must be modest. At least Capri-length pants or skirts, cleavage-covering tops, at least t-shirt coverage at sleeve. Gentlemen: at least t-shirts and pants, no shorts.

## Toiletries:

Baby wipes  
Tissue packs

Hand sanitizer  
Razor  
Soap  
Toothbrush  
Toothpaste  
Face wash  
Lotions  
Shampoo/conditioner

## First aid kit (as you feel necessary):

Diarrhea medicine  
Indigestion medicine  
Itch medicine (Benadryl spray and calamine lotion)  
Mosquito repellent  
Malaria pills  
Dramamine/motion sickness  
Advil/Tylenol  
Personal medications (enough for the whole journey)

## Other:

Suntan lotion  
Sunglasses  
Pens  
Journal (no larger than 6"x9")  
Call Center book  
Travel guide/s  
Umbrella  
Food: nutigrain bars, cereal, nuts, cookies  
Gifts for kids (toys, games, stuffed animals, UNCW merchandise)  
Gifts for Home of Hope/Nirmal Jyoti  
Things about you to show people: your family, your house, your school, your music, your hobbies.

## Bag for plane:

All your important documents/cash  
Change of clothes  
Toothbrush/toothpaste in plastic bag  
Deodorant  
Socks  
Shawl/Jacket  
Magazines  
Travel games  
Music