

Packing List

Things you will need. Note: this is only a guideline. The less you pack, the more you can buy! **Pack very light and buy clothing when you get there.** We will have plenty of opportunities to shop.

- Valid passport and Visa**
- Personal medications (as needed)
- Backpack or Wheeled Luggage – all your gear must fit into ONE bag
- Daypack or smaller backpack for hiking, traveling, books, etc
- Lightweight Sleeping Sack (cotton or silk)*
- Lightweight hiking or running shoes with tread – ok to get very dirty
- Tevas or flip-flops
- 1 Loose fitting long sleeve shirt
- Fleece or sweater (nights will be cold); Wool Hat
- lightweight jacket or rain jacket
- 1-2 short sleeved shirts (preferably no tank tops although it is possible to wear a tank top/shawl)
- 1 pair long pants
- 2-3 pr outdoor recreation socks
- 2-3 yoga/hiking outfits
- Swimsuit
- Sunglasses, sunscreen, sun hat, bug spray/lotion
- 1 week's worth of underwear, jog bra, toiletries, etc. (keep it to a minimum)
- Money belt or very small purse to go around your neck (that you can wear under your clothing)
- Headlamp
- Personal 1st aid kit (moleskin, band aids, aspirin, malaria pills, pepto, emergen-c, etc)
- Camera/batteries (recommended but optional); outlet converter (can also buy when you get there)
- Small locks for your bags
- Hand sanitizer / Wet Wipes (better), toilet paper, ear plugs, eye mask
- Journal / reading material / ipod
- Yoga mat and strap

****Clothing Info****

- The looser the clothing, the better. Linen/cotton/nylon are the best fabrics to wear. It's easiest to buy clothes when you get there. Women will need to have (or buy) a lightweight shawl to cover their shoulders in the temples. Please don't wear anything above the knee. If you wear a tank top, you must wear a shawl to cover your shoulders! Exception: Tanks tops/shorts are fine for the yoga classes. We will be day hiking so bring appropriate clothing for this.

**** Camera Info****

- There will be opportunities to burn CDs. An external hard drive is also good idea if you don't want to burn disks. There are plenty of internet cafes to help with your photos.

Pack as little as possible so you have room for gifts!