

Packing List

This packing list is only a guideline. The less you pack, the more you can buy! Pack lightly and buy clothing there. We will have plenty of opportunities to shop. Cochin, Jaipur, Delhi, Dharamsala and are particularly good places.

- 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 hiking, running shoes, or river type Keens with tread
- Sandals / flip-flops
- 1 loose fitting long sleeve shirt
- Fleece or sweater (nights will be cold in Dharamsala); Wool Hat
- lightweight jacket (optional)
- 2 short sleeved shirts / tank tops (to be worn underneath a shawl)
- 1 pair long pants / 1 long skirt
- 2-3 pair socks
- 2-3 yoga/hiking outfits
- Pajamas
- Swimsuit (no bikinis please)
- Sunglasses, sunscreen, sun hat, bug spray/lotion
- 1 week's worth of underwear, jog bra, toiletries, etc.
- Money belt or very small purse to go around your neck
- Personal 1st aid kit (moleskin, band aids, aspirin, malaria pills, Cipro, Pepto, Emergen-C, etc)
- Camera/batteries (recommended but optional); outlet converter (can also buy when you get there)
- Hand sanitizer / Wet Wipes (better), ear plugs, eye mask
- Journal / reading material / iPod
- Yoga mat and strap
- Lightweight cotton or silk sleeping sack (optional)

****Clothing Info****

The looser the clothing, the better. Linen/cotton/nylon are the best fabrics to wear. Women can buy a lightweight shawl to cover shoulders. Please respect Indian culture and have your shoulders covered at all times! It's easy to wear a tank top with a mesh shawl over. It is also OK to hike/do yoga in tank tops as long as we are with our group. Please don't wear anything above the knee and mid-calf is better.

**** Camera Info****

There will be opportunities to burn CDs. A small 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.

We look forward to seeing you in the Motherland this February!



*Travel is more than just a seeing of sites.
It is a change that goes on deep and permanent, in the ideas of living.*