



INDIA

Dive into a colourful culture and explore social issues in a dynamic landscape

Packing for India

One of the best ways to have a successful trip to India is to plan ahead and start thinking about what you will be packing. Be sure to consider the weight of the items that you are planning to bring—remember that you'll have to carry them around with you throughout your travels.

IMPORTANT ITEMS

You will need to get a Tourist Visa before you depart for your trip to India, which will be an additional cost.

MONEY

- ▶ We recommend bringing between \$150 and \$200 USD in small bills. Your food, water, transportation and other basic costs are included in the cost of the trip, but you will want to have some money to purchase souvenirs. You may also want to buy snacks or drinks along the way or at the airport before and during your travel—this will be at your own expense.
- ▶ If you require a connecting flight to meet the group flight, please bring an additional \$30 to check in your luggage. Some flights (Air Canada, West Jet, Delta, etc.) have changed their policies and are charging for checked luggage.
- ▶ Please note:
 - Please exchange your money to USD or Indian Rupee before the trip. There will be an opportunity to exchange money when you arrive in India as well.
 - You will be responsible for any additional baggage fees for all of your flights. Please review the airline's baggage policy before departing for the airport.

DOCUMENT HOLDER

It is recommended that you have a document holder (e.g. money belt) to carry important documents such as your passport and money that should never leave you while in transit. Your facilitators and the ME to WE office will retain copies of your passport and insurance information should an emergency arise. We ask that you also leave a copy of this information with your parents/guardians. Please note that if you purchased insurance with ME to WE, you do not need to bring any additional documents. Your ME to WE facilitators will collect your passports for safe keeping upon arrival in India.

WHAT TO PACK IN YOUR CARRY ON:

- ▶ We recommend bringing a school-sized backpack, which will double as a daypack while you are in India.
- ▶ Remember that airline regulations restrict you to only bringing 100ml bottles of liquids or gels in your carry-on.
- ▶ Your carry-on should contain everything you would need for 1-2 days in case your luggage gets to India after you do.
- ▶ If you are taking a connecting flight to meet the group flight, you are allowed to bring your cell phone. However, please note that your facilitators will be collecting your cell phones for safe keeping upon arrival in India.

Your carry-on should include:

- | | | |
|--|---|--|
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> 1 T-shirt | <input type="checkbox"/> Essential toiletries |
| <input type="checkbox"/> Personal items – e.g. magazines, books, journal | <input type="checkbox"/> 1 sweater | <input type="checkbox"/> Prescription medications. |
| <input type="checkbox"/> Camera | <input type="checkbox"/> 1 pair of pants | |
| | <input type="checkbox"/> 2 extra pairs of underwear | |



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WHAT TO PACK IN YOUR CHECKED LUGGAGE

- ▶ Please do not bring a suitcase. All of your clothes and personal items should be packed in a hiking backpack. You will be responsible for carrying your bags to and from vehicles while in transit to your accommodations or the airport.
 - You may choose to invest in a hiking backpack from a local outdoor store such as Mountain Equipment Co-op, MEC, Sail or Coast Mountain Sports. The cost at these stores may range between \$150 - \$350.
 - You can also ask a friend or family member to borrow their hiking backpack.
 - You are allowed to bring a duffel bag if you cannot get a hiking backpack.
- ▶ Clothing
 - Please note that the clothing list is a guide and to be used at your discretion, however please consider that there may be cultural expectations around dress that may be different from home. If you are concerned about what you should and should not wear, please refer to the list below for must haves and items to leave at home.
 - Please be sure to review our clothing policy before packing and dress conservatively throughout the trip. This means not wearing any clothing that is tight or revealing.
 - Cotton and natural fibres do not dry well in hot weather. We advise synthetic, quick-drying fabrics.
 - If you would like to wash a few items during the trip, you can bring biodegradable laundry soap and do so in the sinks at your accommodations. If you plan on doing laundry, remember that cotton will keep you cool in the hot weather, but takes a long time to dry and therefore may not be the best material for this trip.

CLOTHING MUST-HAVES:

Bottoms:

- 4-5 quick dry full-length pairs of pants
- 2-3 pairs of knee-length shorts/capris
- Undergarments for length of the trip

Tops:

- 5-6 quick dry T-shirts (No low-cut v-necks)
- 3-4 quick dry long-sleeve shirts
- 1 sweater
- 1 light, waterproof rain jacket with a hood

Footwear:

- Sturdy shoes for walking around
- Flip-flops for the accommodations and shower
- Socks for length of trip

- ▶ Please note
 - India's culture is quite conservative, please ensure you are wearing appropriate, long pants for cultural activities and community visits.
 - Hard hats, safety goggles, gloves, steel toed covers, and masks are provided by ME to WE in country.
 - The water used for drinking is filtered and are in big jugs. Please bring a reusable water bottle to stay hydrated!

TOILETRY KIT

- ▶ Please bring travel-size amounts of items and only what you will need for the duration of the trip. Please also remove any plastics and packaging from products before packing them to ensure proper recycling and limited waste in India. You will be asked to not leave anything behind at the end of your trip.
- ▶ We recommend bringing the following items:
 - Toothbrush
 - Toothpaste
 - Dental floss
 - Hairbrush
 - Deodorant
 - Moisturizer
 - Hand wipes and sanitizer
 - Sunscreen
 - Aloe vera cream/gel
 - Anti-itch cream
 - Feminine products (if required)



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Biodegradable shampoo, conditioner and soap

OPTIONAL RECOMMENDED ITEMS:

- Nut-free snacks
- Rehydration salts or electrolytes
- Light pajamas
- Camera with charger – no power adapter required!

- Flashlight or headlamp with extra batteries
- Biodegradable Laundry detergent/laundry soap bars

- Bug Spray with DEET
- Towel and facecloth (quick dry is preferred)
- Hat with a brim
- A thin scarf or bandana

WHAT NOT TO BRING ON YOUR TRIP:

- ✗ Yoga pants or leggings
- ✗ Tank tops
- ✗ Jewelry
- ✗ Clothing with any sayings that may be culturally inappropriate
- ✗ Knives or weapons of any kind (including Swiss Army Knives)
- ✗ Hair straightener and blow dryer
- ✗ Electric shaver Umbrellas are not necessary.

AVERAGE TEMPERATURES IN INDIA IN THE MONSOON SEASON (JUNE TO SEPTEMBER)

In the monsoon season, temperatures range between 20°C – 37°C. Groups can expect and should be prepared for periods of heavy rain and humid air.