



India packing list

Clothing

Conservative wear is critical and you will be asked to change your clothes if they are not appropriate.

Everyone: 3-4 changes of outerwear in cotton or other breathable fabric

hat

light night wear (2) and robe

sandals or flip flops for in-house wear

sturdy shoes & socks

underwear (4-6 changes)

Women: Skirts & dresses are preferred and should be knee length or longer, no spaghetti straps, no underwear or midriff should show, no transparent clothing. You should wear a head scarf when praying.

Men: T-shirts and shorts are fine except for church, when dress pants/shorts and dress shirts are appropriate. Men must wear long pants when leaving the compound.

Misc. Mandatory Items

Watch and/or alarm clock

Sunglasses

Bible (not your favorite one)

Towels/wash cloths-2 each

Pens/pencils and journal

Toiletries:

Bath/face soap

Feminine products

Nail clippers

Deodorant

Hair care products

Toothbrush/paste

Eye Care products

Hand mirror

Waterless hand cleanser

Medicinal

Medications I take:

Band-Aids

Pepto-Bismol

Bug repellent*

Personal meds

Chapstick

Stool softener

Cipro

Sun screen (45+)

Cortaid cream

Tums

Imodium AD

Tylenol/Advil

Malaria pills

Vitamins

Neosporin

Wet wipes

Airborne

Things I use when I do not feel well

Aloe Vera

Snacks (for there and on the plane)

Suggestions: Jerky, Cocktail Peps, Dried Mango, Hard Granola, Red Vines, Mixed Nuts, Tube Nuts

Other Miscellaneous Items:

Air freshener	Powdered Gatorade	no power or to freshen the air in the bathroom
Camera w/all cables & blank CD's or extra film	Q-tips	Toilet paper- some bathrooms in India will not have toilet paper
Flashlight with extra batteries	Rope	Zip ties
Laptop for photo storage	Scissors (check-in luggage only)	Zip-top bags (various sizes)
Garbage bags or plastic grocery bags for dirty clothes & packing of souvenirs	Sharpie Markers for labeling	
Pictures of family	Super Glue	
	Tea lights or candles for when there is	

Items I use everyday:

Rule of thumb to follow: If I need this in the US, I should be bringing this with me to India.

For Travel & Free Time:

Blindfold	inflatable neck pillow	reading
cards	(SQUISH brand pillows work well also)	travel games
earplugs	motion sickness and/or sleeping pills	
gum	music player	

Carry on- Bring snacks, games, books to read, any medicines required for the trip, at least one change of clothes (I will bring at least two), toilet paper, journal and anything else you need or cannot be without for a couple of days. British Airways is very strict on the exact size of your carry on.

Check in luggage- Each person needs to check in 2 bags that must weigh 50 pounds each Split your personal belongings between each bag in case one gets lost. Keep your baggage claim ticket or give it to your team leader. These may be needed to clear your luggage out of baggage pick up. Remember to write down the brand of luggage, color and basic contents of each bag. Make sure you have your name and address on each bag!

The electrical current in India is 220 volts, 50 cycle's alternating current (AC); wall outlets take plugs with two round prongs.

This is a suggested list of items and you will not need to purchase all of these. But if you are sensitive to the sun and this causes a lot of headaches, you should bring in more than one head covering, stronger sun screen and more aspirin than someone who is not as sensitive. Other team members will also bring items that can be shared (zip ties for example). Your supporters can use this list to help you with your expenses.

*you can spray your clothes & bedding with bug repellent.