



Wanderlust & Lipstick  
P.O. Box 16102  
Seattle, WA 98116

## India Packing List

### **Clothing**

Short sleeve shirt(s)  
Long Sleeve shirt (you might need one for cooler evenings)  
Light jacket  
Jeans or long light pants  
Capris  
Skirt or sun dress  
Pajamas  
Underwear  
Socks  
Belt  
Sandals  
Walking shoes  
Bathing suit

### **Accessories**

Passport  
Reading materials (magazines, books, Kindle...)  
Guidebook(s)  
Maps  
Cell phone (Be sure that it's "unlocked" and you may be able to buy a local SIM card to make international phone calls.)  
Cell phone charger  
Camera  
Camera charger  
Video camera (if you like)  
Video camera charger (if you like)  
Memory card(s) or film for camera  
SteriPEN water purifier  
Eye shade  
Notepad/journal  
Pens  
Sunglasses  
iPod (great for long bus rides)  
iPod charger  
Travel documents (boarding passes, contact info, etc.)  
Alarm clock  
Binoculars  
Flashlight  
Gifts for locals  
Postcards from your home city (to share with the locals)  
Games (card or other small games)

Toiletries including:

- Conditioner
  - Shampoo
  - Hairbrush
  - Deodorant
  - Hand lotion
  - Face lotion
  - Facial soap
  - Makeup
  - Razor
  - Toothpaste
  - Toothbrush
  - Tweezers & nail clippers
  - Dental floss
  - Feminine products (difficult, but not impossible, to find in India)
- First aid kit including:
    - Tiger balm (for headaches)
    - Prescription medicines
    - Anti-diarrheal
    - Mosquito repellent
    - Malaria prophylaxes (consult with your doctor as to whether you want to take this)
    - Tea tree oil (for cuts)
    - Sunscreen
    - Antibiotic cream
    - Ace bandage
    - Handi-wipes or anti-bacterial gel
    - Safety pins
    - Eye drops or flush
    - Pain reliever
    - Lip balm
    - Band-aids

Many medications can be easily (and cheaply) purchased at pharmacies. Consider buying anti-diarrheals or antibiotics once you arrive. You'll save a bundle of money.

As with any trip, **pack as little as possible**. It's been years since I've checked a bag (OK, I usually buy a duffel bag in India and fill it with souvenirs and check that for the flight home). But, I use one carry-on bag that might be a convertible roll-aboard/backpack and one small shoulder bag that fits under the seat in front of me on a plane.

No one will mind if you're wearing the same clothes throughout the journey. Indian hotels DO offer laundry service and with the right clothes, you can easily wash items out at night in your room and they'll be dry in the morning.

It will likely be quite hot whether you're on the north or south India tour. While tank tops and sleeveless dresses will be OK in Delhi and at the beach in Kerala, most parts of the country frown on this sort of revealing clothing. Bare shoulders in much of India will lead to unwanted attention and you'll likely be thought of as a prostitute.

It's best to dress conservatively, with clothing that will cover your shoulders. You'll want to bring a scarf or buy one upon landing in-country. This is an item that will serve many purposes. You can use it to cover your shoulders for modesty as well as when it cools down at night AND it will help you fit in just a bit with the Indian culture. Every woman wears a scarf (dupati) and adds a really lovely touch to any outfit.

I have arrived in India with one pair of pants and 2 tops and then just gone shopping upon arrival. You might not want to do this but my point is that if you forget anything, you can always purchase it or have it custom made when you get there!

As for shoes, the group won't be hiking per se, but there will be a lot of walking. You'll want comfy walking shoes and then perhaps a pair of dressier sandals that you can wear out to dinner. Nothing fancy, but you might enjoy having a change of shoes.