

PACKING LIST - INDIA PUSHKAR

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in India. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

India is generally pleasant and dry, with temperatures ranging from low 60s °F to high 80s °F. Dress in India is casual and comfortable. It is not appropriate for women to wear shorts, and you should wear long sleeve shirts during excursions to temples and mosques. Carry a scarf to cover your head. Wear or carry a pair of socks since shoes must be removed when entering certain religious buildings.

PACKING CHECKLIST

Clothing & Gear

- Small suitcase or duffel bag
- Daypack
- 1 light-weight long-sleeved shirt (quick dry recommend-ed)
- 2-3 short-sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket (air-conditioning in India can be very cold)
- 1-2 pairs of pants
- 1-2 pairs of shorts (must cover knees)
- 1-2 sets of nicer clothes for dinner (skirts should be knee-length or longer)
- 1 bathing suit
- Waterproof jacket
- Hat for sun protection
- Underwear & bras
- 5-7 pairs of socks
- Comfortable walking shoes
Sandals
- Scarf (for mosques)
- 1 pair of comfortable shoes for the evenings
- Sleepwear
- Masks/face coverings

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, travel insurance policy number) and money
- 2 spare passport photos (in case of lost passport)
- Optional locks for your luggage
- Optional travel alarm clock with spare batteries
- Headlamp with spare batteries
- Optional camera, memory cards, battery charger
- Plug adapter(s)
- Power bank (optional)
- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs - we recommend silicone earplugs
- Optional assorted stuff sacks and bags - consider bringing nylon or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens
- Masks/face coverings

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Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen - if you need one, don't forget to pack it!
- Seasick/airsick medication (if prone to sea sickness)
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets - helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home COVID tests

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.