



## Together Women Rise Journey to India, February 2023

### *Suggested Packing List*

### Weather Conditions

You will be visiting India in the month of February. In most of the areas you will visit, the month of February can be characterized as moderate. The winter season in India is from November - February, after the rainy season. Daily highs in the beginning of February may be between 75°F and 85°F with lows between 55°F and 65°F, typically cooling down in the evenings.

### Luggage & Packing

We recommend packing any medications you take, a change of clothing and any valuables in your carry-on bag in case your checked bag is lost or delayed. Be sure to have luggage tags with your contact information on each bag and a lock when possible.

**Note:** Plastic bags are banned in India. Please pack eco-friendly, reusable bags for your trip where possible. Note: if you bring any single-use plastic bags, you will need to carry them out of country when you depart.

### The Essentials

- Passport (original and photocopy)
- International flight itinerary
- Electronic Travel Authorization (ETA) Form
- Travel & Medical Insurance Policy & emergency phone numbers
- Covid Vaccination Card (original, photocopy, and digital copy with QR code)
- Credit cards and cash (see money section in Country Guide)
- Reusable water bottle
- Medication prescription
- Glasses and sunglasses
- Plug adaptor (Type D) and converter - India operates on a 230V supply voltage and 65Hz

**Important Reminder:** Travelers are encouraged to notify their bank of their travel plans so that the bank does not see charges as illicit activity and put a block on the card.



## Clothing

In India, especially in smaller cities and villages, women and men dress somewhat conservatively. We suggest packing lightweight clothes that cover your knees and shoulders.

- Comfortable cotton or linen clothing that is loose fitting and breathable
- Women: Skirts, dresses or baggy, lightweight pants that fall **below the knees for site visits**
- Men: Lightweight shorts or pants
- Light, short sleeved shirts
- Light sweater or jacket for cooler evenings
- A couple versatile “nice yet casual” outfits
- Comfortable, worn-in walking shoes
- Shawl or scarf
- Swimsuit
- Small umbrella and waterproof jacket or poncho
- Sun hat or cap
- Socks and undergarments
- Sandals & flip flops
- Sleep wear

## Medical Kit & Toiletries

- High-quality face masks to protect against Covid
- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste and travel sized mouth wash
- Insect repellent
- Prescription medication with original labels
- Allergy medication and epi-pen if needed
- Re-hydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Anti-diarrhea and medication for indigestion - Pepto-Bismol, Tums, etc.
- Painkillers
- First aid kit - antiseptic cream, Band-Aids, sterile wipes
- Pre-moistened antibacterial hand wipes
- Travel-sized soap, and body or hand lotion
- Travel sized shampoo and conditioner
- Hair brush, comb, hair ties or clips
- Travel packs of tissues
- Eye drops
- Contact lenses and contact lens solution
- At home, rapid COVID tests
- The phone number of a trusted doctor

## Travel Essentials

- Book or e-reader
- Journal and pens
- Day pack or cross-body bag and tote bag / packable reusable shopping bags
- Camera, extra batteries, and charger
- Travel pillow
- Energy bars and snacks
- Chargers for all electronics
- Battery power bank / charger
- Flashlight or headlamp with extra batteries
- Watch / alarm clock