

## Global Fund for Women Champions India Trip, March 2023

### *Suggested Packing List*

### Weather Conditions

You will be visiting India in the month of March which is characterized as moderate with dry, sunny days. Rainy season ends in February, so there will be plenty of sunshine and low rainfall. Daily highs in the beginning of March 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
- Notebook
- Prescription medicine
- Glasses and sunglasses
- Plug adaptor (Type D) and converter - India operates on a 230V supply voltage and 65Hz

### 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. During this trip, you will be meeting with Global Fund for Women's partners and visiting domestic workers in slums, so please wear understated outfits and be mindful of wearing flashy jewelry.



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- 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**
- Light, short sleeved shirts
- Light sweater or jacket for cooler evenings
- A couple versatile “nice yet casual” outfits
- Comfortable, closed toed walking shoes
- Shawl or scarf
- Small umbrella or waterproof jacket/ poncho just in case
- Sun hat or cap
- Socks and undergarments
- 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
  - Cipro or other antibiotic in case of stomach issues
  - Sleeping medication if helpful
- Over the counter medication
  - Allergy medication and epi-pen if needed
  - Re-hydration salts or electrolyte powder, Emergen-C or Nuun tablets
  - Anti-diarrhea medication
- Medication for indigestion - Pepto-Bismol, Tums, etc.
- Painkillers
- First aid kit - antiseptic cream, Band-Aids
- 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
- 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
- Earplugs
- Headphones or AirPods