



YOUR  
INDIA

# PACKING LIST



BACK2BACK

## CAN'T TRAVEL WITHOUT

- Passport - you can't travel without it
- Valid travel visa
- 2 Photocopies of passport and visa  
*(please keep in carry on)*

## IMPORTANT

- Water bottle *(insulated recommended)*
- Twin bed sheets & pillowcase  
*(pillows & blankets provided)*
- Bath towel & hand towel
- Alarm clock
- Backpack/small bag/purse
- Bandannas, hat, or scarves
- Bible, notebook & pen
- Bug spray with Deet
- Earplugs for light sleepers
- Flashlight *(separate from phone)*
- Hand sanitizer/wet wipes
- Sturdy sandals & shower sandals
- Closed-toe working/walking shoes
- Sunglasses & sunscreen
- Toiletries
- Camera *(do not use in India airport)*

*\* Leave at home: hair dryers, curling irons, straightener, designer clothes, expensive jewelry.*

## OPTIONAL MEDICINES

- Malaria, Cipro, Z-Pak
- Personal prescriptions  
Allergy medicine *(if needed)*
- Ibuprofen/Tylenol
- Imodium/Pepto/Tums
- Motion sickness medicine
- Anti-itch cream

## WOMEN

- Long dresses/skirts  
*(calf length or longer)*
- Loose-fitting pants/capris
- Sweatshirt or jacket for evening
- T-shirts *(2 per day)*
- Underwear & bras *(2 per day)*
- Work clothes
- Casual church clothes  
*(long skirt, and also a scarf for covering your head)*
- Rain coat *(July-September)*
- Layers *(November-February 60s-80s)*

*\* No shorts or tight fitting clothing (leggings, spandex, v-necks) to be worn in public or in the presence of the children*

*\* Due to cultural considerations in India, please refrain from wearing the following: low-cut jeans, religious images on clothing, midriffs, tank tops, spaghetti strap shirts. Please keep as much of your body covered as possible.*

## MEN

- Work Jeans
- Shorts *(must be knee length)*
- Sweatshirt or jacket for evening
- T-shirts *(least two per day)*
- Underwear *(at least 2 per day)*
- Work clothes
- Casual church clothes *(long pants)*
- Rain coat *(July-September)*
- Layers *(November-February 60s-80s)*

*\* Please bring old clothes and shoes, as they may be ruined from work projects.*

*\* Due to cultural considerations in India, please refrain from wearing religious images on clothing or tank tops. Please keep as much of your body covered as possible.*

## MONEY

- \$100 cash recommended  
*(exchange cash at airport and bring a credit card for emergencies)*
- Money for airport purchases

## FOOD

- Granola/protein bars\*
- Snacks\* *(non-perishable)*
- Powdered Drinks\*
- Meal Replacements if you have food allergies

*\*All snacks must be kept in Ziploc bags*

## ELECTRICAL ADAPTERS

- Power strips and surge protectors will be provided to you on campus for charging US electronic devices *(cell phones, cameras, etc).*

**Note:** India uses 230 volts, 50 Hz alternating current as the power source. Most modern electronics sold in US will operate safely on this power but some older equipment may not.

## COMMUNICATION

While we encourage you to spend the week unplugged, we recognize that your cell phone may serve as your camera, too. You may bring your cell phone if you would like, but keep in mind that not all cell phone plans are covered internationally. Please check with your provider to verify your plan. This is subject to the team leader's guidelines. Family members should expect to have no communication from you during the week. No news is good news!