

Adventure Dates: _____ - _____



Travel documents

- ___ passport
- ___ e visa
- ___ money

Gear

- ___ adaptor for electronics. Only bring appliances for 220 volt
- ___ water bottle
- ___ shoulder bag/ backpack for any overnight village trips
- ___ neck pillow (for the flight)

Clothing

- ___ bras
- ___ casual dresses or long shirts that cover your butt (women)
- ___ long pants and/or ankle length leggings to be worn under casual dresses/ long Indian shirts (women)
- ___ long pants (men) — quick dry is recommended
- ___ casual collared shirts (men)
- ___ coat/ jacket (if coming in winter)
- ___ rain coat (all year round)
- ___ underwear

- ___ workout pants + shirts if exercising.
- Workout shorts for men and shorts for women only if exercising inside
- ___ socks
- ___ comfy pants and a shirt for inside

Accessories/shoes

- ___ comfortable shoes for walking. Easy to get on and off
- ___ tennis shoes (if exercising)
- ___ scarf-at least 1. You can buy more here if you want (women)
- ___ sunglasses

Medicine

- ___ bug spray (depending on time of year)
- ___ sunscreen
- ___ personal medication
- ___ meds for car sickness (if needed)
- ___ meds for upset stomach (charcoal pills, Pepto-Bismol...)

Electronics

- ___ camera, charger, battery
- ___ phone...chords to charge
- ___ headphones
- ___ phone :-)

Toiletry basics

- ___ deodorant
- ___ face wash
- ___ hand sanitizer
- ___ tissue packs (for restroom)
- ___ shampoo/ conditioner
- ___ toothbrush/ toothpaste
- ___ make up
- ___ feminine hygiene products

- ___ razor
- ___ hair products

Other

- ___ food/ snacks (granola bars...)
- ___ ATM card (tell bank you are traveling)
- ___ journal, pens
- ___ (pack all liquids in ziplock bags)

Optional

- ___ travel sheet
- ___ small umbrella (if coming for monsoon)
- ___ travel towel
- ___ air pollution face mask

Additional items I want to pack
