

Travel Tips! - packing essentials

You will be on the move a good deal, so pack as lightly as possible (try to stay under 10 kg /22lb). Be aware that dress standards in India are conservative. Loose, lightweight, long clothing is both respectful and cool. We recommend long sleeves to mitigate the use of chemical sunscreens and mosquito repellents polluting our waterways. Strappy singlets, tank tops and shorts are not suitable. Warm clothes are necessary for cool evenings in the highlands.



packing list

Travel Documents:

- Passport
- Visa
- Travel Insurance
- Flight Tickets

Health:

- Vaccinations & Medicines
- First Aid Kit (well stocked)

Money:

- ATM card / travellers cheques / cash / credit card
- Money Belt / Pouch

Other Essentials:

- Day Pack / Bag
- Torch / Flashlight
- Lock for your Bag
- Personal refillable water Bottle
- Sun Hat / Sun Glasses
- Loose, lightweight, long Clothing
- All weather sandals (such as Tevas or Crocs)
- Warm clothes for cooler nights *
- Lightweight Waterproof Jacket
- Sleeping Bag *
- Camera

* Specifically for the Tribal Highlands