

## India: Wild and Classic March 15 - March 25, 2017

### YOUR ITINERARY

---

3/15/17  
Wednesday

#### Arrive in Delhi

*Welcome to Delhi and India! An ancient city that has something for everyone, Delhi has been settled seven times over the centuries, and the city has grown in a way that reflects its past, while retaining its cosmopolitan flavor. It is India's showcase for architecture, religion, shopping, and culture.*

✦ **Arrival and Transfer**

Arrive in Delhi, where you will be met and escorted to the hotel.

**Accommodations:** The Claridges

---

3/16/17  
Thursday

#### A day in Delhi

*Explore Delhi, Capital and political hub of India.*

✦ **Breakfast**

Enjoy breakfast at the hotel.

✦ **Tour of Delhi**

Today is spent acclimating to a new time zone and exploring one of the most fascinating cities in the world.

✦ **Colonial Delhi Trail**

Take the Colonial Delhi trail past the India Gate, a monument commemorating the deaths of over 70,000 Indian soldiers in the British Forces during the World War I and older British buildings that house today's Parliament and Secretariat.

✦ **Humayun's Tomb**

Tour New Delhi, starting with a visit to Humayun's Tomb, built in the mid-16th century by the senior wife of the second Mughal emperor. This is the first significant example of Mughal architecture in India, and one of the most beautiful buildings in the city. The elements of its design are echoed in the Taj Mahal. The building is squat with high arched entrances topped by a bulbous dome and surrounded by formal gardens. Found at the gardens are the red-and-white sandstone and black-and-yellow marble tomb of Humayun's wife and, somewhat surprisingly, the tomb of Humayun's barber!

✦ **Lunch**

Lunch provided during the tour.

✦ **Old Delhi**

After lunch, explore Old Delhi. There is a lot to be said about a country as diverse in its faiths as India, and as tolerant in its attitudes towards each. Today's political factions and media warmongering may create tensions between India's many religions and sow the seeds of dissension in the populace, yet the architecture of the cities tells a very different narrative. Head down to Old Delhi, partly by rickshaw, partly on foot, to palpably experience the sacred yet secular way of life that is so typical of India.

✦ **Welcome Dinner**

Tonight's Welcome Dinner offers an introduction to the astounding richness of Indian cuisine.

**Accommodations:** The Claridges

**Meals Included:** Breakfast, Lunch, Dinner

---

3/17/17  
Friday

## To Kanha National Park

*Over 740 square miles of bamboo thickets, extensive grasslands and dense sal forests make up Kanha, a series of plateaus which stretch across the eastern segment of the Satpura Ranges in Madhya Pradesh, which all provided inspiration for Rudyard Kipling's famous novel The Jungle Book.*

✦ **Breakfast**

Enjoy breakfast at the hotel.

✦ **Transfer and Flight**

After breakfast, you will be transferred to the airport for your flight to Jabalpur and your Safari adventure.

Flight info note: Spice Jet flight SG2641  
Departure at 10:15 am / Arrival at 12:00 pm.

✦ **Arrival into Jabalpur**

Land in Jabalpur, where your vehicles await to transport you to Kanha National Park (131 miles -4 hours).

✦ **Lunch**

Enjoy lunch at the lodge.

✦ **Dinner**

Dinner is served at the lodge!

**Accommodations:** Kanha Earth Lodge

**Meals Included:** Breakfast, Lunch, Dinner

---

3/18/17  
Saturday

## Kanha National Park

*The largest wildlife sanctuary in Asia, Kanha National Park was one of the first Project Tiger reserves in India. It is, in many ways, Project Tiger's biggest success story, with the tiger population having doubled since 1976. This is the land of the tiger, the leopard, and wolf. Porcupine, jackal, sloth bear, jungle cat, macaque, dhole (wild dog), bison, and a stunning spectrum of birds also inhabit Kanha, and make a trip to the sanctuary a must for any wildlife enthusiast. It is a truly thrilling experience, made more so by sightings of tigers, gaur, the tiny mouse deer (muntjac), or the rare hardground barasingha, found only in Kanha. Bird watching on a misty morning, you are likely to see such beauties as the Racquet-tailed Drongo, Crimson-Breasted Barbet, Crested Hawk Eagle, and Golden Oriole.*

❖ **Early Morning Safari**

Wake up early to head out on a game drive. Discover the jungle in open-on-all-sides 4x4 vehicles, to give a panoramic view of the landscape and every bird or animal that may just sneak into the grasses! The open vehicles allow you to listen to the sounds of nature, whether it be mating calls, alarm calls, distress calls, or just a casual roar. In addition to drives, nature walks can also be arranged, as well as local village visits.

❖ **Breakfast**

Once you have returned to the lodge, enjoy a hearty breakfast.

❖ **Morning at Leisure**

The rest of the morning is at leisure.

❖ **Lunch**

Enjoy lunch at the lodge.

❖ **Afternoon Game Drive**

Return to the park for an afternoon game drive.

❖ **Afternoon Activity**

Returning to the lodge, the remainder of the afternoon is at leisure to enjoy a documentary film session/lectures.

❖ **Dinner**

Dinner is served at the lodge!

**Accommodations:** Kanha Earth Lodge

**Meals Included:** Breakfast, Lunch, Dinner

---

3/19/17  
Sunday

## To Bandhavgarh National Park

*Set in the Vindhyan Mountain Range in Madhya Pradesh, Bandhavgarh National Park is home to the famous white tigers of Rewa, which includes the legendary white tiger called Mohan, who supposedly fathered several offspring found in zoos the world over.*

❖ **Last Morning Game Drive**

This morning you will have one last game drive to explore Kanha, then return to the lodge for breakfast.

❖ **Breakfast**

Breakfast this morning is at the lodge, before departing.

❖ **Drive to Bandhavgarh National Park**

Today's six hour drive takes you to the spectacular wildlife retreat of Bandhavgarh, where history and nature come alive.

❖ **Lunch**

Lunch is provided en route.

❖ **Multiple Game Drives Offered Throughout the Day**

❖ **Non-Safari Options**

In addition to safaris, Bandhavgarh is famous for the archaeological remains of the Kalchuri period, plus the Baghela Museum houses the private collection of the Maharajah of Rewa and the stuffed body of Mohan, the first tiger found in the park in 1951. There is also a unique collection of military weapons and other hunting materials on display.

❖ **Dinner**

Enjoy dinner at the lodge tonight.

**Accommodations:** Kings Lodge

**Meals Included:** Breakfast, Lunch, Dinner

---

3/20/17  
Monday

## **Bandhavgarh National Park**

*Bandhavgarh's history dates back over 2,000 years, and the earliest signs of habitation can be seen in the caves excavated from the cliffs to the north of the fort, where Brahmi inscription is from the 1st century BC. In more recent times, however, it has been a hunting reserve of the royal family of Rewa, where an alarming number of tigers were hunted down in pre-independence India. Mercifully, Bandhavgarh was declared a National Park in 1968 and the tigers are now protected.*

❖ **Meals Throughout the Day**

Breakfast, lunch and dinner are served at the lodge.

❖ **Multiple Game Drives Offered Throughout the Day**

❖ **Enjoy Leisure Time**

❖ **Non-Safari Options**

In addition to safaris, Bandhavgarh is famous for the archaeological remains of the Kalchuri period, plus the Baghela Museum houses the private collection of the Maharajah of Rewa and the stuffed body of Mohan, the first tiger found in the park in 1951. There is also a unique collection of military weapons and other hunting materials on display.

**Accommodations:** Kings Lodge

**Meals Included:** Breakfast, Lunch, Dinner

---

3/21/17  
Tuesday

## **Bandhavgarh National Park**

*The park's landscape is a unique mix of steep and rocky hills, with flat tops and level grasslands in the valleys below. The vegetation found within the park is moist deciduous forest with fine sal trees and stretches of bamboo. Today, the sanctuary has the highest density of tigers of any wildlife park in India, and it is one of the best places to witness tigers in action. Prominent among other wild animals are nilgai, chital, chinkara, gaur, sloth bear, and wild boar, in addition to more than 250 species of birds.*

❖ **Meals Throughout the Day**

Breakfast, lunch and dinner are served at the lodge.

❖ **Multiple Game Drives Offered Throughout the Day**

❖ **Enjoy Leisure Time**

### ✦ **Non-Safari Options**

In addition to safaris, Bandhavgarh is famous for the archaeological remains of the Kalchuri period, plus the Baghela Museum houses the private collection of the Maharajah of Rewa and the stuffed body of Mohan, the first tiger found in the park in 1951. There is also a unique collection of military weapons and other hunting materials on display.

**Accommodations:** Kings Lodge

**Meals Included:** Breakfast, Lunch, Dinner

---

3/22/17  
Wednesday

## **Bandhavgarh National Park to Khajuraho**

*The name Khajuraho is derived from the Khajur tree (the date palm tree), which is grown abundantly in the region.*

*Famous for its enchanting temples, Khajuraho is considered the "high point" of Indian architectural genius of the medieval period. Originally there were 85 temples, of which only 22 still exist. The amazingly short span of 100 years, from 950 -1050 AD, saw the completion of all the temples in an inspired burst of creativity. With the wane of the Chandela Empire, these magnificent temples lay neglected and vulnerable to the ravages of nature. It was only in this past century that they were rediscovered, restored, and granted the recognition that they justly deserve.*

*The temples are now a World Heritage Site, and they are some of the best preserved monuments of this antiquity. Most of the temples are built of sandstone in varying shades of buff, pink or pale yellow, and each belongs to a different sect: the Shiva, Vaishnava or Jaina sects. However, they are often indistinguishable from one another to the untrained eye. The roofs are a series of graded peaks that resemble a mountain range and, in all probability, represent the possibility of higher levels of spiritual attainment. Erotic scenes represent a relatively small part of the carvings but sensuous eroticism prevails throughout all of the sculptures. In general, lower indulgences appear lower on the temple while the deities appear near the top. The goddesses and gods represent the many manifestations of the divine Shakti and Shiva, the female and male principles, the Yin and the Yang. The divine sculptures in these temples are a tribute to life itself, embodying everything that is sublime and spontaneous about it. Popularly known as the 10th century temples, they represent a time frame when Khajuraho art was at its zenith.*

### ✦ **Last Game Drive**

Enjoy one last drive in the park.

### ✦ **Breakfast**

Enjoy breakfast at the lodge.

### ✦ **Drive to Khajuraho**

Drive five to six hours to Khajuraho, situated in the northernmost part of Madhya Pradesh.

### ✦ **Boxed Lunch**

Enjoy a boxed lunch today on your journey to Khajuraho.

### ✦ **Check-in and Explore the Temples**

Upon arrival, check in to the hotel, then embark on a tour of the eastern group of Temples.

### ✦ **Dinner**

Dinner tonight is at the Lalit Temple View Hotel.

**Accommodations:** Lalit Temple View Khajuraho

**Meals Included:** Breakfast, Lunch, Dinner

---

3/23/17  
Thursday

## Khajuraho to Varanasi

*Also known as Kashi and Benares, Varanasi is nestled on the north bank of the Ganges River in the state of Uttar Pradesh in north India. It is one of the oldest living cities in the world, dating back about 3,500 years.*

✳ **Breakfast**

Breakfast is at the hotel this morning.

✳ **Flight to Varanasi and Transfer**

Your flight departs at 2 pm, arriving in Varanasi at 2:55 pm. You will be met at the airport and transferred to the hotel.

Flight note: Jet Airways flight 9W2424

✳ **Lunch**

Lunch is on your own today.

✳ **Visit to Sarnath**

Visit Sarnath this afternoon, a great center of learning where the Buddha preached his first sermon on the Dharmachakra, his code of conduct. Today, a Bodhi tree commemorates Buddha's initial moment of enlightenment during which he conceived the Eightfold Path to Nirvana.

✳ **Visit to Archeological Museum**

You may also visit the Archaeological Museum which houses a well preserved and broad range of Buddhist relics and artifacts related to Buddhism.

✳ **Dinner**

Enjoy dinner at the Gateway Hotel.

**Accommodations:** The Gateway Hotel Ganges

**Meals Included:** Breakfast, Lunch

---

3/24/17  
Friday

## Varanasi

*It is one of the oldest living cities in the world, dating back about 3,500 years. For the pious Hindus, the city has always been the ultimate pilgrimage spot. These few lines by Mark Twain say it all: "Benaras is older than history, older than tradition, older even than legend and looks twice as old as all of them put together." Hindus believe that one who is graced to die on the land of Varanasi would attain salvation and freedom from the cycle of birth and rebirth. Abode of Lord Shiva and Parvati, the origins of Varanasi are yet unknown. The Ganges in Varanasi is believed to have the power to wash away the sins of mortals. With Sarnath just a short distance away, the place where Buddha preached his first sermon after enlightenment, Varanasi has been a symbol of Hindu renaissance. Knowledge, philosophy, culture, devotion to Gods, Indian arts and crafts have all flourished here for centuries.*

✳ **Boat Cruise**

Take an early morning boat cruise on the holy river Ganges to witness the cremation sites, as well as the morning ritual of avowed Hindus washing away their sins in the river.

As you head downriver, it is the perfect vantage point to watch the many ghats (the steps that lead down to the river) come to life; with pilgrims in their bright orange robes, elderly women in colorful saris offering prayers as they pour water from little copper pots into the river, sadhus meditating or lighting lamps.

✳ **Breakfast**

After the boat cruise, return to the hotel for breakfast.

✳ **Weaver's Colony**

Visit a weaver's colony - the source of the famous Benaras Silk and brocade. The weavers' colony is a collection of Muslim families who have practiced the craft of weaving for decades. The fabric they spin is famous through the country for its compact weave and refined quality, and is mostly used in making saris. Saris from Benares are considered to be among the finest in India and are known for their gold and silver brocade or zari (embroidery with metallic threads), fine silk and opulent embroidery. The definitive Mughal inspired design – with intricate motifs of gold or silver threads – indicates the period of time when the Benaras brocade gained major recognition from the nobility, and later became popular among the masses.

✳ **Lunch**

Lunch is provided by the hotel.

✳ **Walk Through Varanasi**

Discover Varanasi by walking through twisted market lanes, with a plethora of interesting shops selling everything from flowers to spices, which open up onto the colorful, pilgrim-overrun ghats – the steps that lead down to the river.

✳ **Discover the Ghats**

A more interesting way to see the hubbub on the ghats is to set off on a boat ride – where you pass people swimming in the river, taking ritual dips, washing clothes and offering prayers.

✳ **Ganga Aarti**

In the evening, be part of a service on the banks of the river, and take a ride through the chaotic roads of Varanasi. This is one sight you will see nowhere else, as we end the day, with the Ganga Aarti, an evening ritual of lighting lamps against the darkness and offering prayers to the river deity, Ganga, a quintessential experience of a sacred, spiritual India.

✳ **Farewell Dinner**

Celebrate your last night together with a Farewell Dinner at a local restaurant.

**Accommodations:** The Gateway Hotel Ganges

**Meals Included:** Breakfast, Lunch, Dinner

---

3/25/17  
Saturday

## Varanasi to Delhi and Home

*Head back to Delhi where you will catch your international flight home, arriving the next day.*

✳ **Breakfast**

Have an early breakfast.

❖ **Transfer and Flight**

After an early breakfast you will be transferred to the airport for your flight to Delhi.

Flight Note: Indigo Airlines flight 6E 175  
Departure at 10:45 am / Arrival at 12:20 pm.

❖ **Lunch**

Lunch is served at the hotel.

❖ **Leisure Time**

The rest of the day is at leisure until your flight departs.

❖ **Catch International Flight**

You will be transferred to Delhi International airport for your flight back home either tonight or early tomorrow morning.



# ACCOMMODATIONS

## The Claridges

---

Stay for two nights at The Claridges. This hotel offers guests a relaxing stay in its beautiful beige accommodations, and has been a landmark in Lutyens' Delhi since the 1950s. Located amidst lush and tranquil surroundings in the heart of the city, the hotel is within close proximity of the shopping and cultural centers and historical landmarks.

## Kanha Earth Lodge

---

Kanha Earth Lodge is just that – a place where you can be at one with the earth. The lodge's architecture was inspired by the stunning Gond tribal villages that are located on the fringes of Kanha, making it blend effortlessly with the forest and rural architecture. Set in deep jungles in an area untouched by any kind of tourism or development, the lodge respects the environment, and the simplistic buildings merge well into the landscape.

Rustic yet elegant, it is built with local stone, logs, baked tiles, tribal artifacts and furnished simply and beautifully. With only 12 beautiful open-fronted bungalows, each has an en suite bathroom and a large open verandah. Delightful cuisine, a sparkling infinity pool, a nature library presentation room and office, eco shop, rounds out the amenities. With easy access to the Khatia/Kisli park gate, there is good opportunity to view a variety of mammals and birds around the lodge itself.

## Kings Lodge

---

Kings Lodge is set amidst 12 acres of sal forest, with four cottage rooms and eight stilt rooms. Each stilt room has a wooden lofted balcony. All rooms are well appointed and decorated with tribal art, giving the lodge a jungle feel. The hotel also has a library, infinity swimming pool and watchtower as well as a massage deck. The lodge has been built to blend with the surrounding landscape and has eco-sensitive policies. As darkness falls, in the peace and tranquility of the night and under the wonderful canopy of stars, one can hear various animals call – including the alarm call of the deer, the howling of jackals, or the occasional roar of a tiger.

## Lalit Temple View Khajuraho

---

The Lalit Temple View Khajuraho, just 657 feet from the renowned western group of temples, is the closest hotel to the temples. Surrounded by lush gardens, beautiful surroundings, and temples dating back to ninth century, The Lalit Temple View Khajuraho was re-commissioned in 2007. This boutique hotel has 48 rooms and suites offering five star deluxe facilities and services with a modern hi-tech spa, swimming pool, conference facilities, restaurant, and bar.

## The Gateway Hotel Ganges

---

The Gateway Hotel in Varanasi is strategically situated on the Raja Bazar Road at Nadesar Palace Ground. All of the 130 guest rooms are elegantly appointed and have central air conditioning, color TV and more. There is an international restaurant called 'Chowk' that serves a variety of cuisine. There is also an Indian specialty restaurant 'Varuna'. The hotel also has a swimming pool, tennis court as well as a colonial themed bar.

## TRIP DETAILS

### Included

---

- All hotel accommodations throughout the trip.
- All meals as listed in the itinerary.
- Sightseeing in National Parks, and points of interest as indicated, escorted by naturalist guide in air-conditioned private coaches and 4X4 vehicles.
- Water and snacks in vehicles.
- English-speaking guides throughout the trip.
- One AdventureWomen Associate.
- Tips for luggage porters and waiters.
- Entrance Fees.

### Not Included

---

- \*International airfare.
- \*Domestic airfare.
- \*Gratuities to driver/guides, specialist-guide and other conveyance attendants
- \*Meals not specified in itinerary.
- \*Items of a personal nature.
- \*Travel Insurance.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*



14 Mount Auburn Street, Watertown, MA 02472  
(800) 804-8686 • (617) 544-9393  
info@adventurewomen.com

## Pre-departure Information

### India: Wild and Classic

---

#### How To Register

Call the AdventureWomen office at (800) 804-8686 or (617) 544-9393 to determine space availability and register for this trip. We can complete your registration, including taking your credit card deposit over the phone. As a courtesy, we can hold your space for five days while you are making personal and travel arrangements.

If you prefer, you can register online by clicking "Sign Up for This Trip" on the Trip page.

Please be sure to read the AdventureWomen policies before registering!

#### Health Requirements and Health Insurance

**You MUST have your own health insurance** and be in very good physical condition to participate in this trip. This is an active holiday, and we rate it as Moderate. Trips of this designation offer moderate physical challenges, and for this trip you should be able to walk/hike from 2-5 miles. Visits to temples, museums, and excavations involve a considerable amount of walking, some of which may be in hot weather.

No special vaccinations are required for travel to India. However, please consult your personal physician, local health department, travel clinic, or immunization center about any vaccinations you may need to update, or others that may be personally recommended for you based on your age, health, and past vaccination history. Hepatitis A and B are present in India, as in the rest of the world, so you should talk to your Doctor about this.

#### Passports and Visa

Citizens of the United States must possess a valid passport and India visa. Citizens of other countries should inquire about requirements for entry. If you do not have a passport, please **APPLY NOW!**

Make sure that your passport is valid for a minimum of 6 months beyond your travel dates, and that you have a minimum of 2 blank facing pages for your visa pages to allow for entry and exit stamps

ADVENTURE TRAVEL FOR WOMEN SINCE 1982 - FIRST AND STILL THE BEST!

upon arrival and departure from India. Please note that Amendment pages in the back of your passport are not to be used for entry and exit stamps or visa issuance.

When you have your passport photographs taken, you should get extra photos: you will need two passport-size photo when you apply for your India visa, and you should always carry 2-3 EXTRA photos, just in case an emergency arises (i.e. in case your passport/visa is stolen).

India visas can be complicated, and you may want to use a visa service. You can go online to apply for your India visa.

Click here: <https://indiavisa.travisaoutsourcing.com/homepage>

Or use Travel Document Systems at [www.traveldocs.com](http://www.traveldocs.com)

The maximum period of stay in India is limited to 6 months (180 days). Please note the visa is valid beginning on the day it is issued. So a 6 Month visa issued on October 1, 2016 would be valid until April 30, 2017. You should use these dates as guidelines for applying for your India visa.

### **Traveling to Delhi, India: Arrival and Departure**

You will need to arrive in Delhi, **India by Wednesday, March 15**. Whatever time you arrive, you will be met on arrival and escorted to our hotel. You will need to depart the United States on March 14 in order to arrive in Delhi on March 15.

**You can plan your departure for March 25 from Delhi to the U.S. on an evening flight.** Our flight from Varanasi to Delhi on that day currently arrives in Delhi at approximately 12:20pm. We have hotel rooms for the rest of the day and evening, and if you can't fly out that evening, you can stay in the rooms and fly out the next morning. You will be transferred to the airport for your international flight.

For those on the **Agra/Jaipur extension**, you will return to Delhi by approximately 3:00pm on **March 29**, and be transferred to your hotel for overnight. **You can depart anytime late evening March 29 or in the morning of March 30.**

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**

**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

**NOTE:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

## Weather

The best time to travel in India is during the cooler and drier months between October and March.

## Money

India's unit of currency is the India Rupee. As of May 9, 2016, 1 USD = 66.59 INR (India Rupees).

Bring U.S. cash and credit cards. Visa and MC are the most commonly used credit cards and are widely accepted in most hotels, restaurants, and department stores. Am Ex is not as widely accepted. ATMs are available in large cities, and sometimes in smaller ones.

You can find the current rate of exchange at the following website: <http://www.xe.com/ucc/>

## Gratuities

Following is a recommendation for gratuities throughout the trip, in per person costs, in Rupees and US Dollars:

- \$1.50 (INR 100) for hotel Porters.
- \$1.00 (INR 70) per meal, for lunches and dinners at restaurants.
- \$5.00 (INR 350) for accompanying Bilingual guide, per day (main trip).
- \$3.00 (INR 210) to local guides for a day excursion. Day excursions include 1 day each, Khajuraho and Varanasi on the main trip: plus 2 days in Agra and 1 day in Jaipur on the extension.
- \$2.00-\$2.50 (INR 140-175) per day to the driver. Approximately 5 days for main trip, and 5 days on the extension.
- Tipping for small services such as restroom attendants would be 20 Rupees.

For the two Game Parks, for 5 days: we will tip depending on the number of jeeps, jeep drivers, forest guides, lodge naturalists, and the number of game drives in the parks. It will be an approximate cost of \$60-\$75 per person.

**Total tips for the main trip will be approximately \$175 - \$200 U.S.**

**For the extension, add tips for meals and local guides, for an additional \$50 - \$65.**

## Electricity

India uses 230 Volts, 50 Hz alternating current as the power source. Plugs and sockets have either grounded / earthed 3 Pin connections (Type D) or ungrounded 2 pin connections (Type C), which is called a Europlug.

## What to Bring

### LUGGAGE WEIGHT ALLOWANCE

The baggage allowance for traveling in Economy Class is 15 Kgs (30 lbs.) for checked-in baggage and 7 Kgs (15 lbs.) for carry-on baggage. Any overweight luggage will be charged an additional cost of \$5 USD Per Kg (per 2.2 lbs).

Luggage, Clothing, and Travel Accessories: Three words of packing advice for your adventure in India: LIGHT, LIGHT, LIGHT! It is best to condense your luggage into one manageable suitcase with wheels and one daypack or backpack (carry-on size). Also, a spare, very light, duffel bag or day pack rolled or folded into your wheeled suitcase is useful for transporting souvenir items home. There are wonderful handicrafts and weavings available in India!

We suggest you use your daypack as your carry-on bag during your flights. In it you should have all valuables and essentials: medications, passports and all important documents, cameras and memory cards, a day's change of clothing, lightweight sleepwear, and toiletries.

Put luggage ID tags outside AND identification inside your baggage. If your bag is lost and the outside ID tag and baggage stickers are dislodged, the airlines may open the bag to search for an ID inside your bag. (We will send you 3 tags for the outside of your bags.)

You should also be aware of any new airline regulations ([www.tsa.gov/travel](http://www.tsa.gov/travel)) about what you can and cannot bring in your carry-on bag, and what you must put in your checked luggage.

### Luggage, Clothing, and Travel Accessories

Dress in India is "casual and comfortable". It is not appropriate for women to wear shorts, and you should wear long sleeve shirts or tops (not sleeveless) during excursions to temples and mosques, plus carry a stole or a scarf to cover your heads.

- Clothing should be lightweight, quick drying, and breathable. Pay special attention to sun protection needs. Long sleeves and wide brim hats are recommended.
- Underwear. Synthetics are easier to wash and dry.
- Sleepwear.
- Shirts: Long-sleeve, synthetic or cotton shirts because they are featherweight, durable, wrinkle-resistant, and dry quickly. Those with multiple, closed (velcro or zipper) pockets are excellent.
- Short-sleeve synthetic or cotton T-Shirts. Those with multiple, closed (velcro or zipper) pockets are excellent.
- Sweater/Jacket: Medium-weight sweater or jacket made of synthetic fabric (fleece) for cool evenings.
- Vest: A lightweight, multi-pocket, photo journalist-type vest is excellent for day use (use it to store film, cameras, binoculars, etc.).
- Pants: Full-length pants, preferably of quick-drying synthetic fabric with many zippered pockets, and capris.
- Bathing Suit.
- Sun hat with a wide brim, preferably with a chin strap to keep it from blowing off.
- Gore-Tex rain/wind parka and/or sturdy poncho to protect day pack and camera gear from rain or water spray. (This can be your jacket, as listed above, as long as it is waterproof).
- Athletic socks (synthetic for easy washing and drying) that are suitable for your lightweight walking shoes.
- Sturdy, properly fitting footwear can make your trip much more comfortable and enjoyable. Very comfortable, lightweight walking shoes are a good option. We will be doing a lot of walking on this trip, so bring shoes that you will be comfortable in for all day wear.
- Sandals (Teva-type sandals or similar: Merrill's, Keens, etc.).
- 3-4 cotton bandanas (it's an AdventureWomen tradition!).
- One or two sets of nice, lightweight casual clothes for evening dinners or social activities (maybe a lightweight skirt to be included).
- Lightweight cotton clothes are very available to buy in markets and from street vendors.

#### Personal Items

- Passport and Indian Visa.
- 2-3 spare passport photos to bring on the trip (in case of lost passport/visa).
- Battery operated travel alarm clock.
- Extra batteries for cameras, alarm clock, etc.
- Small flashlight with extra batteries and bulb.
- Sunglasses, case (90% - 100% ultraviolet and some infrared protection).

- Contact lenses, cleaner, saline solution, extra eyeglasses with safety band.
- Money belt.
- Bring U.S. cash and credit cards. Visa and MC are the most commonly used credit cards and are widely accepted in most hotels, restaurants, and department stores. ATMs are in larger cities, and infrequent in smaller ones.
- Address book, writing paper, or journal, pen/pencil.
- Daypack (also serves as an airline carry-on bag and for daily excursions from the boat).
- Plastic water bottle. Nalgene plastic is recommended as there is no plastic taste in the heat.
- TSA approved locks for your suitcase/ carry-on bag.
- Ziploc-type bags for packing shampoo or other liquids, or wet, dirty clothing.
- Washcloth (not supplied in many hotels, etc.).
- Personal toiletries in small leak-proof bottles.
- Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or [www.earplugstore.com](http://www.earplugstore.com). Good to 22 Decibels!
- Biodegradable bar soap (can double as laundry soap for washing undies).
- Tampons or sanitary napkin supply (not always widely available).
- Thread, needles, safety pins for minor repairs.
- Your favorite, and effective, insect repellent.
- Wash & Dries (or other antiseptic wipes) for hand washing and emergency toilet paper.
- A mini-sized English – India - English phrase book dictionary.
- Lonely Planet/or Eyewitness Travel Guide/or other book on India.

#### Personal First Aid Kit

- Foot powder for moisture absorption; cloth, not plastic Band-aids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Adequate quantity of sweat-resistant sun screen with at least an SPF 15 rating or higher, and lip balm with sunscreen.
- Tweezers.
- Ace bandage.
- Antibiotics (Cipro, or another systemic antibiotic).
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle).



- Emergen-C. Good for higher altitudes, and some people swear they get fewer colds on airplanes if they take this during flights.

### Camera Equipment

For many women, photography will be a VERY LARGE part of this trip. The opportunities are endless, and the scenery spectacular! We suggest that you bring many more memory cards and batteries than you think you could ever use!

- Digital camera, memory cards, battery charger, and adapter. In India, triple round pin sockets are the norm. Most digital cameras have a built in converter so you probably only need to bring an adapter. You can also purchase adapter plugs in stores.

### Optional

- Small, lightweight binoculars.
- Pictures of your house, pets, and family (local people love to see this!).
- Reading material.
- Extra, lightweight duffel bag (empty, and packed inside your suitcase).

### Pre-Departure Tasks

- Obtain or renew passport.
- Obtain necessary visa for India.
- Evaluate and obtain trip cancellation, baggage, and medical insurance.
- Consult with physician for physical examination, immunization, and prescription medicine recommendations.

### Last Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- Bring 2-3 extra passport size photos to use in emergencies.
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- Remove extra credit cards, driver's license, and personal items from wallet or purse.
- Make sure passport and airline tickets are valid and in the correct name.
- Check with airline to reconfirm reservations and departure time (most airlines want to hear directly from the client for confirmations).
- Please leave all valuable jewelry at home!!!

### Some Extra Items to Add to your "What to Pack" List

We think these items help make your long airline flights much more comfortable and even more bearable:

- Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
- Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
- Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT).
- Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.

### Final Payment

Final Payment is due to AdventureWomen, LLC in a cash form (check, money order, or wire transfer) on or before December 15, 2016.

### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

## No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be **no smoking** by any participants on AdventureWomen vacations.

## About Adventure Travel Today - Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are *adventure travel vacations*, and not "tours." We define "adventure travel" as travel in which one *actively participates*, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an *active, out of the ordinary vacation, and meet new friends*. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a *good-natured realist* and have a *sense of humor!* *Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist*, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. *Being on time is important*, and contributes to the congeniality, success and well being of both individuals and the group!

**Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.**

AdventureWomen, LLC  
14 Mount Auburn Street, Watertown, MA 02472  
800-804-8686 • 617-544-9393

