

# PACKING LIST – INDIA HOLI FESTIVAL

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your Holi Festival adventure in India. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

### Dress for the Weather

March is generally pleasant and dry in India, with temperatures ranging from 68°F to 90°F.

Dress in India is casual and comfortable. It is not appropriate for women to wear shorts, and you should wear long sleeve shirts during excursions to temples and mosques. Carry a scarf to cover your head. Wear or carry a pair of socks, since shoes must be removed when entering certain religious buildings.

### Luggage Restrictions

Your baggage allowance for your internal flights is 15kg (33lbs) for checked-in baggage, and 7kg (15lbs) for carry- on baggage.

## PACKING CHECKLIST

### Clothing & Gear

- Small suitcase or duffel bag
- Daypack
- 1 light-weight long-sleeved shirt (quick dry recommended)
- 2-3 short-sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket (air-conditioning can be very cold)
- 1-2 pairs of pants
- 1-2 pairs of shorts (must cover knees)
- 1-2 sets of nicer clothes for dinner (skirts should be knee-length or longer)
- 1 bathing suit
- Waterproof jacket
- Hat for sun protection
- 5-7 pairs underwear
- 5-7 pairs of socks
- Comfortable walking shoes
- Sandals
- Scarf (to cover head and shoulders in mosques)

### AdventureWomen Essentials

- Travel documents (identification documents, e-visa documentation, airline tickets, money)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (optional) 8x40/42 models are excellent choices; center focus models are easiest
- Digital camera, memory cards, battery charger
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle
- Sunscreen and lip balm with SPF
- Bug spray or lotion
- Hand wipes/hand sanitizer

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- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs (such as Mack's PillowSoft Moldable Silicone Earplugs)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff (for travel in dusty areas)
- Reading material/journal and pens
- Waterproof phone case for the Holi celebration

## Personal First Aid Kit

- Prescription medicine you usually take
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid (especially if you are sensitive to spicy food)
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

*Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.*