**WHAT TO BRING for ETSI India Travel**

**PLEASE NOTE**: As people have different individual needs, resources, and preferences, you may choose to pack more or less than is on this list. While we hope these suggestions prove useful, in the end, what you decide to bring is up to you.

**BAGGAGE**

We suggest you bring a comfortable backpack or medium-sized piece of luggage (one with wheels can be helpful) and one small piece of carry-on luggage. **It is very important that you pack your essentials and clothes for 2-3 days in your carry-on.** Bags can get misplaced on the way, so pack medicine, eyeglasses, and any other critical items in your carry-on.

Note that there are very strict weight restrictions for most flights. On most airlines, the maximum weight is 23kg (about 50lbs) for travel from the U.S. to India, and 20kg (about 44lbs) for flights within India. Please check weight restrictions with your airline, weigh your luggage carefully, and pack accordingly. If your baggage is overweight you may be charged additional fees when flying from the U.S. to India or by domestic airlines in India. Each piece of luggage should be well labeled.

* Spice Jet check-in luggage weight limit is 15 kgs per passenger for all domestic bookings. Carry in cabin baggage weight limit is 7kg. Overall dimension limit of the cabin baggage is 115cms. (L+W+H) on Boeing flights and 108 cms. (L+W+H) on Bombardier flights in addition to the regular-sized shoulder laptop bag/ladies handbag per passenger, free of cost.
* Excess baggage charge is Rs. 250/kg.
* Excess baggage can be purchased online, airports and passenger call center 12 hours prior to your departure time.

**CLOTHING**

In general, it is suggested that while in India you dress in a neat and modest fashion (whether wearing western, Tibetan, or Indian clothing), as many Tibetans and Indians have negative opinions about “hippie-travelers.” Furthermore, women will be more comfortable if they do not draw attention to their bodies. All clothing should be loose, clean and pressed. Both men and women should avoid tight or revealing clothes, as well as shorts. Be sure to pack at least one nice outfit for audiences with teachers and other special events.

**LINENS:**

You will be provided with bed linens, including sheet and a blanket, and one towel while at the monastery guest house. You might wish to bring a sleep sack or twin-sized comforter cover if you are more comfortable with your own linens.

**LIMITED SUPPLIES AVAILABLE**

The monasteries are not close to shopping areas but you should be able to purchase some toiletries and snacks at the small local shops. It is best to pack what you know you will need. Bottled water is easily purchased in route, and filtered water is provided at the monasteries at no cost. Some useful items to bring are:

**Very Important Items are in BOLD**

Laptop / notebook computer w/USB flash drive or other external storage device

Money belt or neck pouch

**Extra photocopies of your passport and visa**

**A copy of your airline tickets, both international and Spice Jet**

**(keep in various locations in your luggage and handbags)**

**Cash & Credit card**

Extra Photo ID (e.g., Drivers License)

Several ID photos

**Water bottle** and water purification solution/pills (1 bottle)

Personal medical kit

Travel alarm clock

Extra eye glasses/ contact solution

**Flashlight**

Small lock(s) for luggage

Combination lock for hotel doors, etc

Toothbrush, toothpaste, deodorant, shampoo, conditioner, etc.

**Medicated wipes or hand cleaner**

Feminine hygiene products

Sunglasses

Sunscreen and chapstick

**Adapter plugs for electronics, including three-prong converters and/or extension cords**

Ziploc bags

Dramamine/Bonine/pressure-point wristbands for motion sickness

Sleep sack.

Washcloth and/or small quick-dry towel

Laundry detergent

Travel clothes-line/rope

Bug spray

Quick dry pants

Coffee

Travel pillow

**Optional, but could prove useful**

Camera, film and batteries (digital camera recommended)

Charger for camera batteries

iPod

iPod microphone or portable digital recorder for interviews

Vitamins (Emergen-C and/or multivitamin pills)

Rehydration tablets

Melatonin (to help you manage jet lag)

Acidophilus or other probiotic (for stomach problems)

Protein powder (remember to test it out before you go, as you want to bring something you will actually use)

**A few favorite snacks (nuts, granola bars, trail mix, cookies, gum, etc.)**

**HEALTH & MEDICAL SUPPLIES**

**A good water bottle is a must!** It is not safe to drink the tap water in India. Although bottled drinking water will be available during the program, you should also bring water purification pills or iodine crystals (1 bottle of either), or a small, high quality, portable water filter to use while traveling.

**A personal first aid kit is advisable**. This should contain such things as: your prescription medications, Pepto-Bismol tablets, antibiotic cream, band-aids, aspirin, anti-itch cream, Dramamine and/or pressure-point wrist bands for motion sickness, and cold medicine. We strongly recommend that you bring enough prescription medications, vitamins, etc., to last throughout the program.

For additional information on traveling internationally for an Emory program, click here:

<http://global.emory.edu/support/travel/index.html>