

What to Bring for Travel to the Emory-Tibet Symposium

PLEASE NOTE: As people have different individual needs, resources, and preferences, you may choose to pack more or less than what 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.

CLOTHING

In general, it is suggested that while in India you dress in a neat and modest fashion in keeping with local culture. Tibetans “dress up” for events with His Holiness the Dalai Lama to show their respect, so you may wish to do so as well. December in Mundgod is dry and temperatures are pleasant; daytime averages are typically in the mid-70s, but the weather can be a bit hotter or cooler.

LIMITED SUPPLIES AVAILABLE

The monasteries are not close to shopping areas but you should be able to purchase some basic 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 bottled or filtered water is provided at the monasteries. 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 domestic
(keep in various locations in your luggage and handbags)**

Cash & Credit card

Extra Photo ID (e.g., Driver’s 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

Toothbrush, toothpaste, deodorant, shampoo, 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

Washcloth and/or small quick-dry towel

Insect repellent

Travel pillow

Optional, but could prove useful

Camera, film and batteries (digital camera recommended)

Charger for camera batteries

iPod

Vitamins

Rehydration tablets

Probiotics (for stomach problems)

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

HEALTH & MEDICAL SUPPLIES

A good water bottle is extremely helpful. It is not advisable to drink the tap water anywhere in India unless you are an acclimated resident. Bottled and filtered drinking water will be available during the program at the monastery. You may wish to bring water purification pills or iodine crystals (1 bottle of either), or a small, high quality, portable water filter for emergency 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.