

## YATRA PACKING LIST

	Bana/clothes, ironed, bring plenty		Tigan suppositories (for vomiting)
3+	Turbans, hand wash		Cipro (for sinus infection/diarrhea)
5 pr	socks (2 wool for winter)		Immune strength supplements
	underwear, hand wash		Peptobismol tabs, small pkg
2+	camisoles, hand wash	10+	Wash n dries (carry on)
3-5	wrapping Chunis, easy hand wash	2-4	good novels (carry 1 on)
2	flowing Chunies, hand wash		shabd book and shabd sheets (group yatra)
1	casual sweats (sadhana, lounging around)		travel clothesline & pins (Sav-on)
1	dark/earth tone warm sweater (winter)		small flashlight and batteries
1	shawl (or buy there right away)		pocket calculator
1	slip-on comfortable walking shoes		pocket knife/tool kit
1	nice slip-on shoes (for special events?)	1 pkg	kleenex packets (also for emergency TP)
1	sneakers (only if hiking)		
1	cheap flip flops for shower	1	queen/king flannel sheet – if staying in sarai or nivas. (Fold in half and stitch into sack) & use as sleeping bag w/shawl in hot weather.
2-3	long underwear (winter - cotton)		
2	PJs – or wear sweats	1	baby or cervical pillow & case (don't need if staying in decent hotels)
1	light weight robe (opt)	1	day pack/small back pack/fanny pack or some kind of secure shoulder bag to use as purse.
1	kacheras (bring at least 1 pair for dipping) or swimsuit	1	laundry sack (or use plastic garbage bag or pillow case)
	feminine hygiene products	1-3	thin old bath towels, 1-2 washcloth if staying at sarai or nivas
	shampoo, rinse		Woolite packets for hand laundry
	hair pins, ties, whatever	5	metal hangers
	nail brush		3-5 feet duct tape wrapped on pencil
	soap, facial cleanser	5	safety pins/sewing kit
	pumice stone/sanding stick		pens, small note pad
	face lotion		snack food items
	clothes steamer and European adaptor		digital camera with plenty of batteries and memory
	body lotion	1	CARRY ON ROLLER BAG/BACKPACK
	almond oil		complete change of clothes
	q-tips (handful)		essential toiletries only
	eyeglass repair kit (if needed)		toothbrush & paste
	extra pair glasses/sunglasses		dental floss
2	lip smoothies w/sunscreen		travel alarm clock (carry on if layover)
	sunscreen – hot months		CARRY ON PURSE/TOTE
	bug repellent – hot months	1	lip smoothy
	brush/comb		ear plugs
	kanga, kirpan, & strap	1	bottled water
2	nail clippers packed separately		personal air purifier (wear on plane)
	Advil/Aleve/Tylenol (either)	1	good novel/magazines
	Chloroseptic lozenges		nitnem
	Emergen-C packets – plenty to put in your water for electrolyte in hot months, or buy electrolyte packets there at any chemist (pharmacy)	1	Ambien (for sleeping on plane)
	Airborne – allow 1 tube for each week of travel		
	Neosporin, bandaids		
	Experience or other herbal laxative		

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neck cushion, bucky, or cervical collar  
(optional for sleeping on plane)  
ticket, passport  
CD/mp3 player & headphones  
extra batteries for CD/mp3 player  
journal  
vital info notebook/PDA  
water resistant watch (cheap)  
zip lok of fresh veggie sticks  
zip lok of baked tofu, whatever

## WEAR:

Heaviest shoes you are bringing  
Heaviest outerwear you are bringing  
money belt with: travelers checks  
cash, atm card, vital info (see below)

## PACKING & TRAVEL TIPS

- Vital info notebook: small spiral notebook or Palm/PDA you keep on your person (in money belt or zipped compartment in fannypack, whatever), that has your passport number, visa number, airline ticket number, travelers check numbers, important phone numbers at home and in India, etc). You can add to this during your trip: contact info for people you meet, names and locations of favorite shops, etc.
- Iron your clothing sets, fold carefully, and pack complete sets of clothes in gallon-size Ziploc (or 2-gallon size) bags. This way you can just grab a bag with everything you need, and the plastic helps them not get too wrinkled. Hang outfit up on hanger the night before and give a spray of water to help hang out any wrinkles or use steamer.
- Pack similar items in large Ziplocks: underwear, bras, socks, prescription meds, herbs/remedies, Chunis, etc. to help keep your stuff organized.
- Clothes: I try to bring wearable Bana that is already in its last days. With a nice shawl over it, no one will notice that stain or whatever. I discard it after wearing it. This leaves me more luggage room for bringing new things home. Same goes for shoes, coats, slippers, etc. I want to look nice, but also bring some items I don't mind leaving behind.
- Regarding handwashing clothes: Note it takes SEVERAL DAYS for things to hang dry, because of humidity. If you use laundry service, never ever send underwear, socks, or Chunis (see \* below.) Always hand-wash these items. It's improper to send underwear, and other small/delicate items may be ruined or lost.
- Packing notes: The toiletry bags that open up flat and hang are very convenient. There may not be much counter space in your bathroom (like, none) if you are in a basic hotel such as the Grace.
- Duct tape a must for handy luggage repairs, etc.
- All lotions, oil, anything liquid/cream you are packing: Seal tops with duct tape and seal in double Ziploc bags.
- Check with your carrier to determine any luggage/baggage restrictions. Some airlines now only allow 40 pounds per bag for economy class. This is NEW. Be sure to check with your airline about luggage limits. They will weigh your checked luggage. If you know it is slightly overweight, know in advance what to take out (and maybe squeeze in your carryon). They will probably not weigh your carryon unless it looks too big or if you are trying to carry on a lot of things, i.e., a backpack on your back, a huge tote or second backpack as a purse, and an oversized winter coat. Again, be prepared and know what items you can remove (and maybe transfer to your purse, which they don't weigh). One checked bag is allowed to be a good size (average large duffel bag, not the humongous duffle size) and the other must be smaller, but both can be the same weight. So, pack all your heavier items in the smaller bag and stuff the larger one with clothes, towels, and lighter items.
- Chunis and turbans are easy to hand wash and dry.
- Recommend fanny pack worn in front, daypack or shoulder bag that is worn across chest. Whatever you use, keep it closed up, close to your body, and secure.

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- When you are in town, only keep cash, credit cards, whatever in your purse/tote/fanny pack that you know you will need for the day. Never carry a lot of cash. Always keep your ATM, credit cards, other cash, and ID in your Money Belt (worn around neck or around waist beneath your clothing), so if your purse or wallet is stolen it is not the end of the world. When paying for something, do not show off your wad of bills.
- Clever graceful bargaining is a way of life in India. They will always give higher prices to westerners. Success is getting them down to half of what they first ask for. Don't be afraid to point out small flaws in the items to help bring price down.
- While riding in bicycle rickshaw or auto-rickshaw I suggest wrapping your Chuni or shawl in front of your nose so you don't inhale so much pollution. Also, for man-powered rickshaws they will stop at the bottom of hills so you can get out and walk up the hill.
- As a matter of hygiene, Indians eat with their right hand only and don't touch their left hand to food. The left hand is use for cleaning self after toilet. So if someone is giving you a weird look while you eat with your left hand, you'll know why. Even lefties are trained this way. This is a way to prevent transmission of parasites and hepatitis.
- Along that note, only drink bottled water and check first that the caps was SEALED. Only eat food at establishments such as hotels (Grace food is very good) and better restaurants/dhabas and never ever eat food from the open bazaars etc. Otherwise, keep that Cipro, Tigan and electrolyte handy.
- Recommend dark sweater, shawl, jacket over your pretty white or pastel items. Everything gets very dirty and you will hopefully get through your trip without needing drycleaning of these items if they are brown/gray/dark in color.
- Changing money: The rates at the airport are not as good as what you can get at a bank. Hotels usually take a little off the top and charge a higher rate too. Go to banks in popular/tourist/major areas that are used to changing money. Otherwise you will wait forever while they serve you tea and try to figure out how to do it. Recommend using ATM (max. rs 8500 a day you can take out – about \$200) instead. At the bank, ask for some small bills too (get about rs 500 about \$11 – of small money in 1s, 2s, 5s, 10s, 20s and 50s). You need small money for rickshaws, donations, tips, etc and it can be difficult to come by.
- I highly recommend taking a sleeping pill on the longest leg of your flight. Yes Ambien is a narcotic, but you are just using it for a few nights. I had absolutely no grogginess or after effect. I used it on the plane and the first two nights I was in India, on the plane on the way home, and the first two nights back at home. If you are totally opposed to using Ambien, I suggest natural sleep aids, such as Melatonin or Myo-Calm (made by metagenics).
- It is not uncommon to get Delhi Belly, which is a 24-hour stomach bug and you throw up all night. Tigan is helpful for this. Believe me, when you are that sick, you will do anything to stop it. Thank god it just lasts a day. If you have insurance, a prescription of generic Tigan is about \$10.
- If you have nausea or vomiting that does not respond to Tigan or lasts longer than a day, get yourself to a hospital for an IV. In hot weather especially this can be VERY serious. You can get dehydrated so fast in India, it is pretty shocking, however resilient you may believe yourself to be.
- Cipro is also an inexpensive antibiotic prescription drug (in generic form), that works both for bacterial diarrhea/dystentery and sinus/upper respiratory infections, both of which are easy to get in India. Good to have on hand and hope you don't need it.
- If you have diarrhea, stop eating all foods and drink ONLY clear liquids, such as 7-up, water with electrolyte, and CLEAR juices, for at least 24 hours or until diarrhea stops. This is to get the bacteria cleared out of your colon and not give it any solid or fiber

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to thrive on. Once it stops, introduce plain BRAT foods (unripe Bananas, well cooked Rice, well cooked plain Apples, and white bread Toast) for a few days, gradually adding other foods. Avoid dairy until you are back to normal.

- If diarrhea doesn't stop on clear liquids, start the Cipro and get to a doctor.
- In hot weather, drink some electrolyte everyday! If you are just drinking a lot of water without electrolyte, you will actually be flushing minerals from your body and can still get dehydrated. Electrolyte packets are very inexpensive in India and available at every chemist (pharmacy).
- thing. But that has to be an individual decision. The travel doctors will want you to

get all kinds of shots. The main one is probably Hepatitis A, since it is the most easily spread. If you have had Hepatitis A before, then you are already immune to getting it again.

- Recommend bringing a small creditcard size calculator to help you with currency exchange when you are shopping, so you can quickly see what the price is in dollars. It can get confusing, especially with pricey items or multiple items.
- Any questions you can feel to call me. I love to talk about India!

**\*Chuni:** Sikh women do not wear a Chuni to make them look different from their male counterparts or to take away their right to wear a turban. Sikh woman want to be treated equally. The Chuni is an addition to the turban and the Bana for women because of its unique purpose. The purpose is to protect the modesty of a woman that can't be properly achieved with the regular Bana. To understand this properly we have to understand why, how and when Sikh women are should wear the Chuni.

The Chuni covers in an especially graceful way that no other piece of clothing can, and it engenders respect. Sikhs wear well-fitting clothes as they allow easier movement and don't get caught in anything. Such Bana also highlights the body. In this day and Age of Kaljug it does not take much for someone's mind to drift in a sexual direction. So even though Sikh women look fine and modest, that doesn't mean that everyone views them in that way. So, whenever Sikh women are in public, it becomes a matter of preserving their grace and natural power as women. For that it is important to wear the Chuni.

A properly worn Chuni drapes over the chest in a most graceful manner. The fold of Chuni covers the curves of the body and brings the focus back to the face. Traditionally the Chuni is worn so it is covering the head and the chest but the face is always showing. It is actually a very pretty and effective way to wear the Chuni as it brings focus to the face rather than to the body. –

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