

# Packing List & Instructions

## INDIA: HEALTH CARE & TRADITIONAL MEDICINE

The weather in India in the summer tends to be quite warm with frequent rain, so please pack light, breathable clothing. Quick-drying materials are the easiest to care for.

You will be responsible for carrying your own luggage. *The most important packing advice is to **pack lightly—whether you pack in a duffel bag, a rolling suitcase, or a large backpack, you should be able to carry (not roll) your luggage up two flights of stairs and across the length of a football field.*** When determining what luggage is appropriate, it is important to consider program itinerary and group activities. For more rugged programs with lots of travel and outdoor activities, a larger outdoor camping backpack may be more manageable but certainly not required.

The list on the following page has been suggested by past participants and leaders. You will have opportunities to do laundry while on program, oftentimes during your homestay. Even though your program may be three or four weeks, pack for about a week. Even though we provide a comprehensive packing list, it is good practice to research the temperature and climate of your program country before you depart. These can vary from year to year, so it is important to check current and expected conditions for your program abroad and pack accordingly.

### A Note on Dress

Remember, while traveling with The Experiment, you are an ambassador for the program and should dress appropriately for the country you will be traveling to. In general, You will want your clothes to be comfortable, compact, versatile, and quick to dry (since access to an electric dryer will likely be limited). You will not need more than one nice outfit, suitable for a religious ceremony or celebratory dinner. Shoes should be comfortable, broken in, and versatile—bring as few pairs as possible – 3 is more than enough. Layering is recommended for changing temperatures rather than bringing bulky sweaters and jackets.

### Requirements for Appropriate Dress in India

In general, we ask you to dress more “neatly” and conservatively than you might in your everyday life. While you are a participant on this program, we will insist that you meet the standards of conservative modest dress. This is for your reputation and safety as well as for the reputation of this program and your homestay.

- Styles that show the midriff or backside, such as low-rise pants, are not culturally sensitive.
- Shirts may be tucked in (for men), or if they are left hanging, they must be long enough to come down past your bottom (for women).

- Shorts and sleeveless tops are never appropriate for either men or women. Collared shirts are always preferred over t-shirts.
- Bring your jeans, but make sure they are not too tight, low, ripped, ragged or full of holes. Please be sure to have neat hems on your pants. Pants should completely cover your ankles—no capri pants.
- Students are encouraged to bring some money to purchase Indian clothing upon arrival (rather than spending that money on new clothing before the trip).
- Loose pants, ankle-length skirts and loose shirts are considered appropriate Western wear.
- Shorts, leggings or tank-tops should not be worn publicly.

### Special Requirements for Women

- We will ask you to change your clothes if you wear tight jeans, tight t-shirts or other forms of revealing clothing; this is for reasons of cultural appropriateness as well as your own safety and reputation.
- Ankle-length skirts are considered appropriate Western wear—as long as they are patterned and not transparent. Skirts with side slits are not acceptable.
- Necklines must not show cleavage. All shirts must be long enough to cover the hips and amply cover your butt.
- A bra-less look is never appropriate. Low-rise jeans are not acceptable. Displaying bra straps or underwear is also not appropriate.



Typical dress for women in India

### Notes from our Team

#### *Prescription Medications*

Make sure to keep any **prescription medications or vitamins in their original containers**, and bring a **sufficient amount for the entire duration of your program, plus extra** in case of travel delays. Bring a **paper copy of your prescription from your doctor** in case you lose your medication. Travel with **all essential medications in your carry-on luggage**. If you are diabetic and **traveling with syringes**, bring a **certificate or letter from your doctor**.

### *Rescue Medications*

If you use any rescue medications and or devices (i.e. medications intended for the immediate relief of serious symptoms like an EPI pen or albuterol inhaler) you must travel with **one or more backup supplies of this medication or device**. (e.g. A participant who uses an inhaler would travel with at least two inhalers, while a participant with a severe allergy might travel with several EPI pens.) Comparable therapies can be very difficult to obtain while traveling.

### *Other Medications*

While you will not need an entire pharmacy, do bring **the medication you normally use for minor ailments like body aches, upset stomach, bug bites, common cold, seasonal allergies etc.** A travel first aid kit from your local pharmacy is recommended. All medications should be in original packaging with the package insert if possible to avoid seizure at customs.

### *Toiletries and Sanitary Items*

Please bring the toiletries and sanitary items you are accustomed to using. It is recommended to bring enough feminine hygiene products for the duration of the program. It is often difficult to find the items you are used to using while abroad.

### *Corrective Lenses*

If you wear glasses or contact lenses, please bring extra pairs and extra contact cases, as these are often difficult to replace if lost. If you use contact solution to clean your lenses, bring plenty of the type you prefer as this can also be difficult to acquire abroad. Consider program itinerary and activities when choosing appropriate eyewear.

Please direct any questions or concerns to [medicalteam@experiment.org](mailto:medicalteam@experiment.org)

### **Valuables and Electronics**

The Experiment is not responsible for any items lost, misplaced or stolen. It would be best to not bring large electronics, laptops, iPads, tablets, hairdryers, or other items that you would consider expensive to replace. If you choose to bring small electronics (your digital camera or cell phone) remember to bring your own adaptor, batteries, and voltage converter (which can be obtained from a travel store or pharmacy. More info about electricity, voltage, and adapters can be found here: [www.worldstandards.eu/electricity/](http://www.worldstandards.eu/electricity/)).

### **Gifts**

While not required, it is nice to be prepared with a gift to offer your homestay family in gratitude for their hospitality and to share a part of your culture with them. Gifts do not need to be expensive or elaborate. We suggest one or two gifts that the whole family can enjoy; you do not need a gift for each member. Try to choose gifts that represent you or the part of the country and/or community you live in. Think about what your city, state, or local artisans produce (for example, a Vermonter could bring a small bottle of maple syrup). Postcard books and other souvenir items from your hometown are good options. Draw upon your personal interests or hobbies for ideas.

## Clothing Recommended

- Sun hat (brimmed) and sunglasses are a must—the sun is brutal, and you must have protection
- 5–7 pairs of underwear
- 4–5 pairs of socks
- 1 set of appropriate sleeping clothes
- 1 pair of comfortable walking shoes or sneakers—make sure you break them in!
- 1 pair of sandals
- 1 pair of formal shoes
- sweater or light coat
- rain jacket

## Women

*NOTE: Please see special clothing requirements for women section*

- 1 or 2 long non-transparent long skirts
- 4–5 blouses or sleeved shirts that adequately cover your butt
- 2–3 pairs lightweight, loose pants or jeans
- 1 nice outfit (dress or skirt/blouse)
- 3 t-shirts without big logos or images on them.

*NOTE:* It is helpful and acceptable to wear leggings or shorts UNDER your skirts if you choose.

## Men

- 3 pairs of lightweight slacks (khakis or Dockers-style pants)
- 2–3 pairs of jeans or other casual pants (with neat hems and no holes)
- 1 dress shirt
- 4 or 5 casual but “neat” shirts—polo shirts or collared button-down shirts
- 3 t-shirts without big logos or images on them
- 1 light sport coat
- 1 tie

## Gear Recommended

- Digital camera
- Charger and adapters or extra batteries
- Durable and reusable water bottle—**REQUIRED**
- 1 set of toiletries—should be smaller than your head!
- 1 small beach towel—microfiber quick drying towels are great!
- Insect repellent and anti-itch cream
- Tums or antacid medicine
- Dramamine for motion sickness
- Sunglasses and hat with brim

- Money belt
- Travel watch with alarm—a watch is necessary since you may not be able to use your cell phone as a timekeeping tool
- Small notebook and pens
- Small flashlight/headlamp with extra batteries
- Hand sanitizer
- Sunscreen and lip protection (SPF 30 or above)
- Travel size detergent, biodegradable if available – Laundry pods or bar laundry soap are great options
- Plastic bags—small Ziplocs and a few large garbage-size bags (great for wet/dirty clothes and keeping clean clothes dry while traveling)
- Small backpack/shoulder bag for day trips—can be your school backpack; the cross-body bag is nice because you can carry it in front of you
- School ID—if you don't have one, it's okay
- Host family gift

### **Optional Items Recommended**

- Journal and pen
- Mailing addresses for friends and family to send postcards
- Printed photos of family or friends
- Small game of cards, Uno, Bananagrams

### **DON'T FORGET YOUR PASSPORT OR RESIDENCY CARD IF APPLICABLE!!!!!!!!!!!!!!**

Where to start: A great place to visit for these types of travel clothes and gear is an outdoors store such as REI and EMS. These places will have waterproof, light weight, quick drying and versatile clothing options specifically made for travel and backpacking. They can also talk you through layering techniques and give you gear recommendations. These stores tend to be a little pricey so don't forget to check for second-hand outdoor gear stores locally as well!