

## Trip Packing List

### 1) Modest lightweight summer attire

You should purchase 3 sets of Indian clothes from your own country before you arrive in India. You can find Indian clothes in temple shops or Indian districts within your city.

For men, you need a lightweight cotton suit referred to as a "pajama suit". For ladies, the best choice is a lightweight cotton tunic and pants outfit referred to as "salwar kameez" or "punjabi dress".

### 2) For overnight stay at temple, we suggest the following:

- \* Trekking sandals or walking shoes for rocky path
- \* Modest clothes for the climb, for instance T-shirt and long cotton pants
- \* Basic toiletries in small size for bathing in Siddha herbal waterfalls; bring items kind to the environment
- \* Tissues in quantity, for 24-hour use in the woods
- \* Flashlight is critical
- \* Modest clothes for bathing in waterfall; either Indian clothes, OR, T-shirt & shorts for men, and long pants for women. Fast drying is optimal as bathing will take place during late afternoon and early morning.
- \* Sleeping clothes for overnight stay on temple floor with men and ladies, T-shirts and long cotton pants are suggested
- \* Backpack for carrying your valuables, clothes and toiletries during overnight stay
- \* We are providing mats and blankets for sleeping on the temple floor. If you need extra cushioning, please bring your own sleeping bag (in small size) to carry during the long climb up

### 3) Swimsuit

4) Three lightweight summer outfits (shorts are not recommended); please dress modestly. A sweater is also recommended for winter trips.

### 5) Five pairs of lightweight socks for temples; IMPORTANT as stones could burn your feet.

6) Sandals that can be easily removed.

7) Bring your usual toiletries as they are not of high quality in many countries.

8) Lightweight wrap for heavily air-conditioned bus

9) Sunglasses

10) Umbrella to shade sun, if you choose

11) Sunscreen

**12) High quality mosquito repellent; a definite MUST**

13) Kleenex or baby wipes for bathroom in the woods and toilets (there is generally no toilet paper)

14) Pre-moistened towelettes; antibacterial wipes would be a good choice

15) Band-aids and triple antibiotic ointment

16) Water bottle carrier

17) Small flashlight

18) Backpack or large purse to carry your bus goodies, and a smaller fanny pack or purse to carry your valuables into the temple with you.

19) Over-the-counter diarrhea medication

**20) Snacks such as trail mix, granola bars, nuts, candy, and so on (for a few meals, food will not be available).**

21) Pens to give to the children that you will meet everywhere; they love brightly-colored pens, especially in India.

22) Cortisone cream for insect bites

23) Tylenol

24) If you have constipation problems, bring several bottles of magnesium citrate.

25) Foot powder

**26) If you take any medications, make sure you have at least 1 week's supply in excess of what you are scheduled for the Trip.**

27) If you plan on buying gifts, we suggest bringing at least \$200 (American) in traveler's checks. It is better to have it and not need it, than need it and not have it.

## **Trip Preparation List**

### **Immunizations**

Visit the Center of Disease Control site (<http://wwwnc.cdc.gov/travel/>) for a list of the recommended vaccinations for traveling in the location(s) where we are headed.

Please see your doctor if you would like professional immunization advice. It is always helpful to ensure that your tetanus shot is updated, as you are walking barefoot through old structures.

A very helpful medication is a low-grade antibiotic called "Doxycycline", which kills bacteria in the GI tract. It can be taken on a daily basis to ensure that you don't have stomach problems during your stay. Please ask your doctor for advice regarding this medication.

### **Currency Exchange**

Please do not change too much money outside of our Trip destination or at the airport; you will get a poor rate. To get the latest exchange rates, visit one of the many web sites, such as TravLang (<http://www.travlang.com/money/>).

We will escort you for money-changing on your first day of the Trip. We will pick you up at the airport, so money is not required on the night of your arrival.

### **Arriving at the Destination**

Upon arrival, one of our Trip Company representatives will always be with you to guide you. When exiting the airport, please look for a sign that refers specially to your Trip which someone will be holding up as you come out of the Chennai International Terminal.

On the first night, we will be giving you a detailed Itinerary that will list the plan for the entire Trip. We will be sending you a general Itinerary before the Trip that you can leave with family members for emergency contact.

### **Food Precautions**

Please drink only bottled water unless instructed otherwise, even for brushing your teeth.

Please do not eat from street sellers! You should eat only hot, cooked food or peeled fruits and vegetables. You will be staying in good hotels, and the food will be very hygienic.