



# GoBeyond India

## Packing List

### Important Notes

**Pack smart and travel light!** – For your travel bags, bring no more than the following...

- 1 large bag – This bag should be reasonably sized (~50-70 liter capacity), as students are responsible for carrying their own bags. Wheeled luggage is allowed but should be easy to carry over long stretches of rough terrain (dirt ground, cobblestone streets, stairs, etc.). Oftentimes students prefer either a wilderness-style backpack or duffel bag for their ease of use in various environments abroad.
- 1 small backpack/daypack – This bag will be used for day trips, so should be large enough to carry a few small items (water bottle, raincoat, snacks, camera, etc.).
- **NOTE: Baggage weight allotments are lower for the Delhi to Dharamsala flight. You are only allowed 15 kg. (~33 lbs.) of checked luggage in addition to one carry-on of 7 kg. (~15 lbs). If your checked bag weighs more than this, you may wish to bring a little extra cash to cover the overweight baggage fee (typically \$5-\$15 one way).**

**Weather** – Dharamsala is at an altitude of 4,780 feet (1,457 meters), and we will be there during monsoon season. Wet weather gear and an umbrella will be essential! During the summer months, the average temperatures are highs of 88°F and lows of 68°F. Delhi can be much hotter during the summer months. Please bring raingear and clothing that can be easily layered to adjust to swings in temperature.

**Dress Etiquette** – GoBeyond staff will advise students on what to wear throughout the trip based, in part, on local dress etiquette. **Note that sleeveless shirts, low cut shirts, short shorts, and other revealing attire are NOT APPROPRIATE for many of the locations we will visit. Students must be respectful of local customs and bring conservative clothes.** Shorts that are skin tight, or shorter than halfway up the thigh, and spandex pants are inappropriate and bring unwanted attention to women in particular. As noted in the Student Agreement Contract, staff may ask students to change and/or purchase new clothing with their spending money if they ignore these instructions.

**Laundry** – Students will have at least two opportunities to do laundry during the trip. Before travel, please use a permanent marker to label your items. Any lost, unlabeled items found at the end of the program will be donated to our affiliate organizations. Also, for the service projects and excursions, please pack clothes that you don't mind getting dirty. GoBeyond is a focused community service experience, so clothes can and do get ruined on program!

**Valuables** – GoBeyond is not responsible for lost, stolen, or damaged items. If you are concerned about losing/damaging an item, then please leave it at home. **DO NOT** bring tablet computers or laptops. Please see the Cell Phone & Electronics Policy section of the GoBeyond Pre-Trip Packet for more information on what is and what is not allowed on program.

**Donations** – Every year, GoBeyond donates to our partner organizations on behalf of our enrolled students/families. This includes both tangible items (arts, crafts, sport supplies, educational materials, etc.) as well as a financial donation. Though not required, every summer we find that a few students/families also wish to donate to our partner organizations. If you would like to do so, we suggest that your donation either be financial ([www.lhasocialwork.org](http://www.lhasocialwork.org)) or “functional” in nature. By “functional” we mean bringing a small amount of basic, purposeful items such as educational materials (pencils, pens, colors, paper, books, etc.), sport supplies (soccer balls, Frisbees, etc.), or simple medical supplies (thermometers, band-aids, etc.). Please do NOT bring large quantities of candy to give to children. Remember that many people we work with lack basic necessities, including adequate dental care.

**Travel day** – Place necessary travel-sized toiletries, a change of clothes, some snacks, any prescription medication, and other important items in your carry-on, just in case your large bag does not make it onto the same flight as you do. Please pack all toiletries in zip-lock freezer bags, and beware of airline restrictions regarding the size and quantity of liquids in your carry-on luggage.

## Recommended / Required Items

- Your GoBeyond shirt
- 5-7 t-shirts
- 1-2 long-sleeve, lightweight shirts for protection from the sun
- 2 sweatshirts/sweaters/fleeces for cooler nights
- 1 rainproof jacket (pants are optional)
- 2 pr pants
- 2 pr shorts (shorts should come to just above the knee or lower...Capri style is great!)
- 1 dress-casual outfit for our nicer dinners and closing program
- 1 sun hat, baseball cap, or visor
- 5 pr socks
- 2 pr sleep wear (shorts and t-shirt style are well-suited to our sleeping arrangements)
- Any underwear quantity desired
- 1 pr rubber-soled sandals such as Texas/Chacos/Reefs/etc. with heel strap
- 1 pr sport type shoes with good support to walk and work in (will get wet and muddy!)
- 1 pr flip-flops or slippers for the hotel/hostel
- Toothbrush, paste, and floss
- Soap or body wash
- Shampoo
- Deodorant
- 1 tube of Chapstick or similar sun block lip crème
- 1 bottle of waterproof sun block (SPF30 or higher)
- Travel size laundry detergent for hand laundry
- Any personal, misc. toiletries you need not on this list!
- Any sanitary items needed (you will not find your usual brand or type of feminine hygiene supplies in India)
- Valid Passport

- Indian Visa (Required for U.S. citizens; All others, please see the passport and visa section in the GoBeyond Pre-Trip Packet)
- All pertinent flight documents and information (e-tickets, itineraries, etc.). At a minimum, please print one copy of your return flight information (with name, date, time, and flight data), which you are required to show to enter the Delhi airport upon departure.
- Copy of medical insurance card
- Travel and reserve cash envelope (\$200+)
- Spending money (~\$300)
- 1 Photocopy of other important documents (see Copy Important Documents section of the GoBeyond Pre-Trip Packet)
- Medications (clearly identified, labeled with instructions) needed over the course of the program
- Insect (mosquito) repellent with DEET
- Umbrella
- Cell phone for travel days and possible use in India (**NOTE: ALL CELL PHONES will be collected at the beginning of the program, even if the phone doubles as the student's music player, camera, gaming system, address list, etc. No exceptions!** Cell phones will be made available at designated times throughout the program for making calls home.)
- 2 towels and 2 washcloths (we recommend light weight, quick drying travel towels as traditional towels take too long to dry in the monsoon season!)
- 1-2 water bottles (collectively they should hold at least 32oz)
- UV protected sunglasses
- Spare glasses and/or contact lenses
- Small but strong flashlight or headlamp with extra batteries (required!)
- Mesh laundry bag labeled with name
- Gallon-sized ziplock bags (to protect your electronics, journal, etc. on rainy days)
- Travel alarm clock (you will not be able to use your cell phone for this function)

## Optional Items

- 1 pr rain boots
- Personal first aid kit (see the Student Medications section of the GoBeyond Pre-Trip Packet)
- Antibacterial hand sanitizer (the kind that works without water is great)
- Wet wipes or other kinds of anti-bacterial hand/face/body wipes
- Battery powered razor or blades
- Student I.D. or additional identification
- List of emergency phone numbers and addresses for postcards
- Locks for luggage
- 1 journal and 2 pens – for logging project hours and activities
- Camera
- Small items or games for activities with Tibetan children (GoBeyond provides some things too, but we'd like to see how creative you can be!)
- Ear plugs and/or sleep mask (can help ensure a restful night!)