

Packing Check-List



- Passport!**
- Rain Pancho or small umbrella
- Hat and sunglasses/bandana (personal preference)
- Baggy jeans or pants – (bicycle shorts under jeans)
- Camera/film/batteries
- First Aid Kit/Personal medicines*
- Spending money
- Toiletries: ○ soap ○ shampoo ○ deodorant ○ insect repellent w/ Deed
 ○ sunblock ○ ace bandage ○ toilet paper ○ hand sanitizer
 ○ teeth items ○ hair care items ○ shaving items
- Sleeping bag or blanket/bedroll
- Shoes (good ankle and sole support)
- Small flash light with extra batteries
- Underwear
- Towel and wash cloth
- Snacks or personal food packs (for when you get tired of Indian food!)
- Juices in disposable containers (powder Gatorade)
- Bible and notebook/Pen

- **Remember first aid and personal medical needs!**

Possible medications to take with you:

Phernegan for nausea

Lomotil for Diarrhea

Bactrim (prescription from your doctor)

Benadryl for any allergic reactions.

- If you are taking prescriptive medications, be sure they are in the **original prescription bottle with your name on the label.**

- Have your *passport* and a *photo ID* ready at the airport. We will check-in as a group.