

Packing Checklist

India Jungles & Jewels Adventure

Below is a gear list of required and optional items to bring on your adventure. Try your best to avoid cotton clothing for being active in, looking instead for clothing made of nylon, polyester, wool, etc. Please ensure you check the local forecast before your trip and pack accordingly.

Required Items

- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase, a backpack or similar with small padlocks or combination locks
- Daypack: used everyday for the whole trip. Must be well fitting with supportive shoulder straps and a waist-strap. Should be large enough for your water bottle, raincoat, fleece sweater, camera and personal items. Recommended size: 20-30 litres or about 2000 cubic inches.
- Windproof Jacket
- Hiking Boots/Shoes: comfortable walking boots/shoes with a good tread
- Fleece/wool sweater: 1-2, something nice and warm for cold nights,
- Long Sleeve Shirts: 2-3, lightweight
- Short Sleeve Shirt: 1-3, lightweight
- Hiking Pants: 1-2, lightweight, quick dry fabrics
- Underwear: 5-10 pairs
- Sport Bras: good support, comfortable bras
- Brimmed Sun Hat and a Warm Hat
- Sun Glasses

- Lightweight gloves/mitts: fleece or wool
- Trail runners/running shoes/crocs: for casual wear in the evenings at lodges/camps
- Socks: 3 to 6 pairs, medium weight, wool or synthetic
- Head lamp, with new batteries
- Water Bottle or Bladder such as Nalgene, 32 oz/1 Litre with wide mouth or Camelbak
- Toiletries
 - Soap, toothpaste, toothbrush, razors, etc.
 - Prescriptions (bring in duplicate and pack separately)



Note: Bring in a duplicate and pack separately so in the event you lose a set of medication you will then have spare.

- Sunscreen (SPF 30+)
- Lip Balm (with SPF)
- Face masks, Hand Sanitizer & Wet Wipes

- Travel Towel (compact, lightweight, quick-dry)
- Earplugs (recommended for sharing rooms/tents)
- Electricity plug adapter (for the hotel) Indian, Europlug / 220-240 Volts
- Personal Health Kit: Your guide will have a first aid kit, but you need to bring your own supplies too to prevent illness, handle minor injuries and illnesses, and manage pre-existing medical conditions. Discuss the recommended medications to have on hand in India with your doctor or travel clinic. **Bring more than enough medication to last your entire trip. [Click here](#) for the Government of Canada's recommendations.**

Optional Items

- Laundry soap
- Travel wallet, luggage locks, travel pillow etc.
- Snacks like energy bars, gel packs etc. and Electrolyte Powder or something like Tang to flavour the water
- Notebook and/or reading material (miniature, for trip log)
- Other clothing to travel in or extend your stay in India

Essential Documents

- Passport: stored in a waterproof wallet/ zip lock bag
- Passport copies: please bring a photocopy of your passport
- Indian Visa (printed from email attachment)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary: your international and domestic itinerary and tickets (plus photocopies)
- Any maps or guidebooks for the area/country you're visiting.

Packing Notes

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your adventure such as an active outfit and your hiking boots. In your day pack (your carry on), you should bring a full change of clothes, your waterproof jacket, toiletries, medications, camera and all paperwork.

As a general rule, don't bring more than you can carry. This will help ensure smooth and efficient transfers in airports, customs, hotels, and loading vans/trailers/boats.

On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. These bags are easy to move around, can be toted easily, fit in boats, small planes, and van/bus roof racks. While on tour, your local guide will instruct you on how to prepare for travel between locations.

Most airlines have reduced the weight maximums for each bag to 50 pounds. Be sure to check with your airline for weight restrictions and carry-on allowances. When packing your carry-on try to include what you would need to be comfortable your first few days in case your checked baggage is misrouted by the airline.

We recommend a medium duffle bag or backpack of 50-70 litres (your checked bag) and a medium daypack of 20-30 litres (your carry-on bag) for most adventures.

Resources for Buying Outdoor Gear & Clothing

- **Mountain Equipment Co-op (Canada) or REI (USA):** Membership is required for both but so worth it! Both companies have great learning resources, so check them out!
- **Atmosphere/ Sport Check**
- **Borrow:** Why buy when you can borrow from a friend?!

- **Variety/Value Village, Goodwill and Salvation Army** are also great places to find second-hand items like sports shirts and fleece sweaters that are quick-drying, for a fraction of the price! Reduce, Reuse, Recycle!