



# INDIA: MIRYAL GUDA

## *packing list*

### CLOTHING

- Light Weight Long Pants / Capris: 3-4
- Shorts (only for working at the school)
- Skirt / Dress (below knees): maxi skirts are good
- \*Short sleeve shirts (no tank tops): 3-5
- Long sleeve shirt: 1, if desired; not required
- Dress shirt / blouse: 1 or 2
- Sweater / cardigan: 1
- Light Jacket: 1
- Underwear
- Bras
- Socks
- Pajamas and/or sweats: 2-3 pairs
- 1 piece bathing suit: 1
- Belt(s), if needed
- Leggings/exercise clothes, if desired

\* Knees and shoulders must be covered in many places, therefore we only recommend shorts for working at the school. No tank tops.

### ELECTRONICS

- Long charging cable for bus: lightning to USB
- Long charging cable for bus: USB-C to USB
- Universal high watt power strip (110/220 power)
- Universal adapter base (buy plugs separately)
- Universal adapter plugs for India
- Nightstand adapter charging base
- Camera (cell phone, digital or DSLR)
- Power bank(s)
- Laptop & charger - only if needed; NOT required
- Thermacell Mosquito Repeller
- Thermacell Mosquito Repeller Refill Packs

### SHOES/ACCESSORIES

- Closed-toe walking shoes: 1 pair (men/ women)
- Walking sandals: 1 pair
- Shower sandals/flip flops: 1 pair
- Sun or baseball hat: 1, if desired
- Scarf/shawl/head and shoulder covering
- Polarized Sunglasses: 2+ pairs (in case you lose 1)

### TOILETRIES

- Shampoo & conditioner (bottles linked here)
- Body wash (bottles linked here)
- Styling products / hairspray (bottles linked here)
- Toothpaste / mouthwash / floss
- Toothbrush (travel electric toothbrush)
- Brush / Comb
- Deodorant
- Cotton balls & Qtips
- Moisturizer(s) / Night creams
- Contacts / Solution / Glasses / Eye Drops
- Razor / Shaving cream
- Make-up / Make-up remover
- Lotion / perfume
- Travel nail kit
- Travel sewing kit
- Travel first aid kit / bandaids
- Hair ties / hair pins
- Sunscreen & Mosquito Repellent
- Feminine hygiene products
- Lipbalm with minimum 36 SPF
- Vitamins / Supplements
- Meds: Pain relief, antacids, sleep, etc.
- Toilet Paper



ALL UNDERLINED ITEMS ARE ACTIVE LINKS TO PURCHASE OUR SUGGESTED ITEMS ON AMAZON.

CONTINUED →

## ORGANIZATION

- [Standard packing cubes](#)
- [Compression packing cubes](#)
- [Hanging packing organizer \(large and/or small\)](#)
- [Liquid Travel Bottles \(ex. shampoo\)](#)
- [Spray liquid travel bottles \(ex. hairspray\)](#)
- [Leak-proof liquid bottle sleeves](#)
- [Toiletries organizer](#)
- [Hair/hot tool organizer](#)
- [Pill Organizer](#)

## CARRY-ON

- REQUIRED TRAVEL ITEMS (listed separately)**
- [Travel blanket & Neck pillow](#)
- [Compression socks](#)
- [Bluetooth headphone plane screen adapter \(Airfly Pro\)](#)
- [Bluetooth headphones: Noise canceling](#)
- [Bluetooth earbuds: Noise canceling](#)
- [Bluetooth headphone case](#)
- [Blackout padded eye mask and earplugs](#)
- [Medications \(esp. prescriptions!\)](#)
- [Electronics and cable organizer](#)
- [Seatback phone mount](#)
- [Book\(s\)/eReader](#)
- [Collapsible water bottle](#)
- [Misc. snacks, pen, crossword, entertainment, etc.](#)
- [Hand sanitizer & Eye Drops](#)
- [Emergen-C Vitamin C packets & Electrolyte drink mix-in](#)

## MISC.

- [Selfie stick/Tripod](#)
- [Hand soap sheets](#)
- [Laundry soap sheets & drying line](#)
- [Body wipes](#)
- [Walking stick](#)
- [Airtags](#)
- [Airtag travel cases](#)
- [Bladeless neck fan](#)
- [Liquid IV / Electrolyte drink mix-in](#)
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## HAIR TOOLS

- [Curling iron \(110/220 power\)](#)
- [Straightener \(110/220 power\)](#)
- [Blowdryer \(110/220 power\)](#)

## LUGGAGE

- [Checked bag](#)
- [Carry on luggage & ID Tag](#)
- [Carry on backpack & ID Tag](#)
- [Day pack & ID Tag](#)
- [Large luggage protector](#)
- [Small luggage protector](#)
- [Luggage straps](#)
- [Luggage connectors](#)
- [TSA approved luggage locks](#)
- [Camelbak bladder to put in day pack](#)

## REQUIRED TRAVEL ITEMS: KEEP IN CARRY ON!!!

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> <b>PASSPORT(S)!!!! The most important!</b>           | <input type="checkbox"/> <a href="#">Power bank(s)</a>           | <input type="checkbox"/> <a href="#">Wallet</a>          |
| <input type="checkbox"/> <a href="#">Driver's license(s) / ID(s)</a>          | <input type="checkbox"/> <a href="#">Copy of airline tickets</a> | <input type="checkbox"/> <a href="#">Cash</a>            |
| <input type="checkbox"/> <a href="#">Visa, if needed</a>                      | <input type="checkbox"/> <a href="#">Copy of passport(s)</a>     | <input type="checkbox"/> <a href="#">Credit card(s)</a>  |
| <input type="checkbox"/> <a href="#">Medications (all prescription meds!)</a> | <input type="checkbox"/> <a href="#">Copy of itinerary</a>       | <input type="checkbox"/> <a href="#">Passport holder</a> |
| <input type="checkbox"/> <a href="#">Phone &amp; phone charger(s)</a>         | <input type="checkbox"/> <a href="#">Emergency contact list</a>  |  |

**ALL UNDERLINED ITEMS ARE ACTIVE LINKS TO PURCHASE OUR SUGGESTED ITEMS ON AMAZON.**

## Notes:

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List provided by:



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*happy travels!*

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# CHINA EXTENSION

## *packing list*

We suggest packing all basics from the above India packing list, plus the additional items below, if you are joining us on the China Extension.

### ADDITIONAL ITEMS

- Long pants
- Long sleeve shirts
- Sweaters
- Hand and foot warmers
- Men's Packable coat
- Women's Packable Coat
- Men's Thermal Fleece Lined Base Layer
- Women's Thermal Fleece Lined Base Layer
  
- If you purchase the above listed universal adapter base and plugs you will have what you need for power adapters in China

RUAJ  
MINISTRY

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*happy travels!*

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