

retreat| recreate
India Textiles and Handcrafts tours
Suggested Packing List as at 19 NOV 2025

Note: this is a guide only and is not intended to be a complete personal packing list. Please also refer to the “What to bring” section of the Trip Notes

Luggage

- A lockable suitcase with wheels **OR** a small-medium sized (40-50 litres) back-pack is ideal.
- A comfortable daypack/bag to carry your water bottle, sunscreen, medical kit, camera etc.
- We recommend that you pack as lightly as possible (a maximum of 15kg, at least to start with)
- **Note:** Please ensure that your luggage is clearly labelled.

Travel Documents.

- Passport - valid for at least 6 months beyond the duration of your trip
- Indian Visa or eVisa as per your nationality
- Travel insurance details: including insurer details, 24 hr emergency contact telephone number and policy number (even if you are travelling with credit card insurance).
- Your travel vaccination certificate/s
- Flight tickets, e-ticket
- Trip Booking Summary/Exchange Voucher (will be issued closer to departure)
- E-arrival card – screenshot or print out of confirmation
- Photocopies of your important documents - to be kept separately from the original documents. We recommend you keep an extra copy at home and also email a copy to yourself.
- Spare passport photos (recommended, just in case ...)

Money

- Money – cash/credit cards/WISE card/travel money card
 - Money belt, pouch or neck wallet
 - Calculator (useful when exchanging money) or use smartphone App such as XE.
 - Please also refer to the MONEY section of the TRIP NOTES
- Note:** Don't forget to advise your bank of your travel dates and destination/s to avoid having your credit card cancelled when you start using it overseas.

Travel Accessories

- Water bottle - refill as we travel
- Your own stash of toilet paper/tissues
- Local language phrase book or use smartphone app
- Mobile phone with WhatsApp installed – please refer to the PHONE & INTERNET section of the Trip Notes.
- eSim, or International SIM so you will have access to internet throughout your travels (not just when we're at hotels). Refer to Trip Notes for options.
- Pen & paper or Journal/diary
- Travel pillow
- Cloth/reusable shopping bag to reduce plastic - a retreat|recreate cloth tote provided on Day 1
- Electrical adaptor - there are three types of plug in India: type C (2 round pins), type D (3 round pins) and M (3 large round pins). Type C is mostly used for charging phones, batteries, and common electronic devices
- Torch/flashlight – or use smartphone app
- Travel guide book eg. Lonely Planet
- Retractable walking pole/s - Some of our previous guests have found these provide extra stability and support on uneven ground, on rural walks and when we are on our feet all day.
- Reading material
- Small portable handcraft project

Sleeping

- Sleepwear
- Alarm clock – or use smartphone app
- Eye mask and/or ear plugs - particularly if sharing a room
- Sarong to use as a top sheet

Personal Health

- First aid kit – bandaids, tweezers, bandages etc
- Hand sanitiser
- Personal medication/prescriptions
- Prescription glasses/contact lenses & solution
- High protective sunscreen (min. SPF 30+)
- Lip balm/lip salve
- Sunglasses and wide brim sunhat
- Facemasks - N95 or KN95 recommended
- Rapid antigen Covid tests (RATs) - at least 5
- Insect repellent (DEET based)
- Antihistamine/insect bite cream
- Antiseptic for cuts and scrapes eg. Betadine
- Antibacterial cream/gel/wipes
- Anti-fungal cream
- Pain relief - eg Aspirin, paracetamol
- Throat lozenges
- Anti-inflammatories eg. ibuprofen
- Anti-malarial medication (if recommended by doctor)
- Rehydration powder eg. Gastrolyte, Hydralyte
- Anti-nausea, travel sickness tablets, ginger tablets
- Anti-diarrhoea pills (consult your doctor for advice)
- Constipation medication/laxatives

NB – We strongly recommend that you bring ALL items on the above list plus any additional personal requirements. We also request that you **carry these items with you at all times during our tour**. They're of no use if they're back at the hotel when we're out for the day. We are prohibited by law from dispensing any medication including over-the-counter pharmaceuticals. We're also unable to provide enough band-aids, rehydration tablets etc. for the whole group... so please ensure that you bring and carry your own supply of all items mentioned above.

Clothing - Refer also to the Trip Notes

Easy to wash and fast-drying clothes are a good choice. Please dress conservatively, in comfortable, loose-fitting clothing in light weight, natural fabrics (eg. cotton/voile which breathe in warm weather) and cover upper arms to below knees as a minimum (for modesty, religious respect). **Aim to cover your chest, upper arms, legs and back-side.** Keep a lightweight cotton shawl/scarf handy for use as an extra cover-up at religious sites, for cooler evenings and on A/C transport.

- Long sleeved top for evenings (when mosquitos are out)
- Loose, cotton pants
- Skirts/dress (not short, below knees as a minimum)
- T-shirts/cotton shirts
- Underwear and socks
- Sun hat
- Light shawl/sarong
- Light-weight waterproof jacket/poncho
- Small umbrella (useful for sun and rain)
- Comfortable sandals and/or walking shoes
- Swimming costume/bathers
- Sarong or light top/dress to wear over bathers when not in pool
- Toiletries
- Plastic bags for dirty clothes, wet bathers, shoes etc
- Travel washing line and biodegradable washing detergent