

retreat | recreate
2027 India Textiles and Handcrafts tours
Suggested Packing List

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
- Flight tickets, e-ticket
- Indian Visa or eVisa as per your nationality
- E-arrival card – screenshot or print out of confirmation
- Travel insurance details: including insurer details, 24 hr emergency contact telephone number and policy number (even if you are travelling with credit card insurance).
- Trip Booking Summary/Exchange Voucher (will be issued closer to departure)
- Your travel vaccination certificate/s (digital or hard copy)
- 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 or the convert function on your iPhone calculator
 - 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.
- 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
- Travel journal/diary
- 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 tests (RATs) for Covid, Flu A & B - 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 bandaids, 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, mid-calf 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, light top or 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