



Pureland Travels

Packing List for India

Please don't overpack. TRY to live simply and in an eco friendly way.

We will be asking ourselves throughout the trip:

How much space do I take up?

*How does **my** use of resources impact others?*

HIGHLY RECOMMENDED ITEMS:

Temps will be 68-88 it is not appropriate to show legs, shoulders or much of the chest.

- ☐ 1 40L back pack. ONLY ALLOWED 15 KG 33 pounds
- ☐ 2 compression sacks- please pack all clothes
- ☐ 1 small 3 oz bottle of eco friendly soap shampoo & body wash & eco-toothpaste
- ☐ 1 Small Hand sanitizer (can be made with aloe, neem and tea tree)
- ☐ 1 large Water Bottle (will need to hold boiling water, best if it can hook to your pack)
- ☐ 1 small bottle of Sunscreen
- ☐ 1 Rain Jacket
- ☐ 1 Warm sweatshirt / jacket
- ☐ 1 pair Hiking Shoes or sneakers, whatever you prefer to hike in
- ☐ 1 pair Slide on Flip flops for use in showers
- ☐ 2 pair Long Pants (good for activity) or long skirt NO SHORTS
- ☐ 2 Short Sleeve Shirts (no sleeveless!)
- ☐ 1 Long Sleeve Shirt
- ☐ 7 pairs Good Socks
- ☐ 7 pairs of underwear
- ☐ 1 pair Sunglasses (can buy there)
- ☐ 1 Hat with a brim (can buy there)
- ☐ N95 mask for flights
- ☐ Phone and charger
- ☐ You can get a plug converter there! They have different outlets

OPTIONAL ITEMS

- ☐ Comfort snacks like fruit leather
- ☐ Vitamins & Herbal Supplements that may support you and your immune system
- ☐ Doctor recommended vaccines include: hepatitis A and B, Measles, Mumps, Rubella, Rabies (you'll still need a shot if you are bitten by an animal regardless of having the vaccine), tetanus, typhoid
- ☐ Medicine to pack if you are into biomedicines: ciproflaxin (cipro)500mg 2x daily for diarrhea. Rifaximin (xifaxan) 200mg 2x/day Anti-Diarrhea like Imodium may make you feel better for a second, pain relievers like ibuprofen.

WHAT WE HAVE TO SHARE

- ☐ Medicine: Traditional natural medicines & Ciproflaxin, Imodium, Ibuprofen
- ☐ Toiletries: sunscreen, dr. bronners, hand sanitizer, toilet paper if you don't want to pack that!
- ☐ Masks

More on Medicines:

We will be in the foothills of the himalayas but only going to be around 6,800ft/2,000m. It isn't going to cause altitude sickness!

Food is usually the cause of issues in India- delhi belly is pretty famous and if you don't get it it is almost like you didn't REALLY experience India, so plan on getting a lil tummy upset! nausea, diarrhea, etc. It can feel pretty nasty. Just in case of a medical emergency please do have some extra money (\$200) to cover any emergency medical expenses!

On Currency:

Cash!!! We can do currency exchange at the airport or in town. **ALL OF YOUR NECESSITIES WILL BE COVERED.** For optional gifts and day trips a suggested pocket money amount is \$250.

On Tech:

India plugs are 2 circular prongs you will need an adaptor. There will be plugs in each hotel room with wifi but power goes out!!! If you have a digital camera bring another battery! Don't expect to bring or use a computer, unless you really have to. If you don't want to only use wifi to connect with folks back home, you can look into international service with your carrier or get a SIM card there. Phone free time is encouraged! Phone cameras and phone flashlights are useful though, you may want a back up battery.

GOOD GIFTS: *(you will meet many beautiful people you may want to offer something to.)*

- ☐ Used good phones
- ☐ Simple English Books
- ☐ Used Laptops



Pureland Travels

READING LIST FOR TRAVELLERS

The crossroads: modernization & traditional culture

- ❑ Norberg-Hodge, H. Buddhism in the Global Economy.
<http://www.localfutures.org/publications/online-articles/buddhism-in-the-global-economy>
- ❑ Norberg-Hodge, H. (1992). The pressure to modernize. In The Future of Progress. Devon, UK:Green Books.
<http://www.localfutures.org/publications/online-articles/the-pressure-to-modernise>

Tibetan Buddhism

- ❑ very general Intro to Buddhism
<http://www.religionfacts.com/buddhism/sects/tibetan.htm>

India & Dharamsala

Health

- ❑ OPTIONAL vaccines
<http://www.mdtravelhealth.com/destinations/asia/tibet.php>

Books to read:

Blazing Splendor

Intro to Tibetan Buddhism-John Powers

*Words of My Perfect Teacher- Patrul Rinpoche

*The Tibetan book of the dead-Sogyal Rinpoche

Movies to watch:

For the Benefit of All Beings- Garchen Rinpoche

*for those interested in Buddhist Philosophy