

TRAVEL LIST

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*When deciding what to bring always remember that **less is more**. And do not forget about stacking functions. My jacket is also a pillow when I need one. Whatever you pack you will have to carry, walk, and deal with for the entirety of this trip. We'll be getting on and off planes, trains, buses, jeeps, and cars, continually. There may also be times when will have to walk in to the site or community. Unless it is absolutely necessary for your survival, think of everything as potentially unnecessary. If you are debating if you should bring an item, likely you can do without it.*

*The following is my **suggested** list. The work category is much more subjective. If you have something you think essential or very functional for a trip, but it is not on this list, please let me know for possible inclusion.*

PACK

Get the size you want to carry and pack for that, rather than other way around. Size matters, smaller is better. The size I carry is often referred to as a Day and a half pack, and that I think is to big. I suggest a simple internal frame pack. Make sure it fits your back, and has a good enough belt to support the pack, but one not too bulky. It needs to be well made. This is your home.

You will be carrying this **alot**. From up to a kilometre regularly to possibly kilometres at a stretch. You will be slinging it in and out and up on top of rickshaws, cars, jeeps, trucks, buses, and trains. You will be spending time with it waiting to do these things. You need to have a pack you like and trust. A pack you can depend upon. This is your home.

I like front loading packs that zipper close. Be able to lock zippers together with small lock. Packs with compression straps are good for both making the pack smaller when it is not full, and using them to strap on a jacket, blanket and such things. Straps on the sides are great for securing map tubes. Tie downs on the bottom could be useful, but I have yet to need

them. Minimize exterior pockets, one is enough. A small pouch/pocket inside at the top is great. Strap handle/loops on top and/or side(s) of pack are functional.

SATCHEL, MESSENGER BAG, OR SUCH

I don't know really how to describe the place this object has in my life. I carry a satchel everywhere I go. It is for whatever I need to have with me over some short period of time, though for somethings it is their permanent home. This carrier has held any combination of; computer, small note books, drawing pad and implements, books, course supplies, headlamp, camera and varied selection of electronic devices, w/ cords, presents, water bottle, multiple tickets, maps, different eyeglasses, food, scarves, clothes, medicines, toiletries, and untold natural objects gathered from sites. I often strap a jacket or sandals onto the outside.

It carries everything I do not want to check through when flying, whenever the pack is too long out of sight/hand, when pack is on top of vehicles getting wet or being sat upon, or if I have distrust of where I am staying.

Though most satchels I have seen do not have them, I like one where you can zip closed the main compartment underneath a larger flap. Mine is this way and I have added exterior straps both to help secure the flap and to hold sandals and jacket. Waterproof or well resistant is very preferred. Other than these I think the size and features are whatever you like and need.

BASICS

Passport

Visa – some countries issue visas upon entry, others do not. **FIND OUT**
before you depart!

Photocopies of both on a single page, several of these pages

Extra passport size photos of yourself

Journal

Headlamp (best is with retractable headband)

Camera

Umbrella, collapsible: I was never fond of these, but have come to appreciate them for travel. I still avoid using one unless absolutely necessary

Multi-tool

Small sewing kit

Money belt

Lock to put on hotel rooms

Small TSA lock(s) for pack.

Strong zip-loc type plastic bags, a selection of sizes

Rubber Bands, various sizes

Rechargeable Batteries and Charger

Plug Adapters

PERSONAL

Bio-soap (liquid is usually environmentally safer), I use for head, body and clothes.

Shampoo if soap is too harsh for you

Small towel, and washcloth if you wish

Health kit

Tea tree oil, Echinacea or similar, grapefruit seed extract, vitamins,

Toothbrush & paste, floss, quality band-aids, nail clippers,

Any medications

Menstrual protection, glad rag (or type), sea sponge, and/or Diva cup-these can all be found at your local health food store

Mosquito netting- often these are provided, but not always. Compactable travel ones can be found at camping stores

20+ feet of thin line to dry clothes. I use the thinnest line from a climbing store selection

Sunscreen, best to get in states if you want natural variety

Lip protection

Sunglasses

Ear plugs

CLOTHES

SPECIAL NOTES

- I sincerely encourage women in this work to be aware of and respect local dress customs. This usually means covering shoulders, no bare midriff, and no shorts or short skirts. Be aware of tight fitting, see-through and other revealing clothes. If you are unsure of anything please ask me. And men, though much less restrictive, there are behaviors and customs that you must also respect.
- Clothes are often easily and cheaply available in many areas we travel to and work in, so it will be easy (generally) to purchase an item that you need for only a short time. Also be aware that any clothes you bring with will get heavy use and wear. Rarely do my clothes last more than a year of this travel. So a treasured hand-me-down or precious and expensive clothing might not be good to bring along.
- I try to have all my clothes colour match so I can wear anything with anything else. (if this is important to you.)
- I try to have one outfit that is presentable and more professional for meetings and presentations.
- The amounts listed are what I think the minimal. You could bring more, but remember to not over pack. I often do laundry every 2 to 3 days to not get over burdened and to have clean clothes while the doing the wash. Washing usually by hand and in a bucket.

2 or 3 lower body garments (pants or skirts)

for women, at least one working pair of long pants, loose light (dark colour) cotton is great.

3 upper body garments, at least 2 that you can work in

I set long underwear (top and bottom) to layer with if it gets cold. I have medium weight silk that compact well.

3 – 5 underwear

light scarf or shawl to drape over shoulders or head as needed. Also great in exhaust laden traffic to cover mouth and nose.

Swimsuit, women often wear a dark t-shirt over their suit top. I also request that you wear bottoms more of the long boxer type.

Collapsible sun hat

Flip flops/ sandals

Light, packable, low top shoes. Some do without, but we will be working and walking, plus, at times rain will be possible. Ones that can be water proofed (at least to some degree) are better.

2-3 pairs cotton socks

Jacket, it will be cool to cold in Darjeeling and parts of the western ghats.

Rain jacket or cheap poncho, possibly optional if you are fine with an umbrella.

ELECTRONICS

Make sure all your electronics can run on 220v. There should be a metal plate or area with raised lettering that gives the power information for the device. Many have converters (that small box thing) on their electric cord. This is where this information will be. Most devices today are made to run on any current from 110 to 240, but it is wise to check. As long as it accepts 220v than you need only have an adapter. You can get in country, but nice to have before you land.

Phone – Quad band and with a sim card slot. Quad band means that it will work anyplace in the world. If you wish more information on this do the research. You will need a phone that is unlocked and has a place for a sim card. In each country you purchase a sim card that will be your phone number for that country. Whenever I land in a country I am returning to I simply insert the sim card for that country and can start using the phone immediately, if I have an active account. It can be a bit more involved depending on the rules regarding phone accounts in each country, but this is the basic idea. I also recommend getting what is referred to as a tough phone. Again, do the research.

WORK

Map Tube, one that slide to expand or contract is nice

Drawing pad

Drawing tools (mechanical pencils, colouring stuff, whatever it is you use)

Notepad (I use my drawing pad for this)

Folder or envelope (plastic for strength, A4 size) to carry papers in

Clipboard, one with flat clip on top (easier to pack)

NOTES

*Although you can find a large selection of Aurvedic sanitation and beauty products in India, it is hard to find high SPF sunscreens and insect repellent. Nor ones made organically. If you have a favorite product from home bring it. Good herbal soaps, toothpaste, shampoo, and such can easily be replaced with aurvedic products.

* I have heard of a new malaria tab that uses Artemisia and is taken after you have been bitten. If you can find info out about this I'd really appreciate it.