

EQUIPMENT CHECK LIST (FOR INDIA TOURS)

[Revised: January 2016]

Equipment and clothing is very much a matter of personal preference and choice. However, the list below is general, and it is intended to give guidance only.

Footwear:

1. Trainer/sport shoes
2. Sandals
3. Shocks

Clothes:

1. Sunhat or cap
2. Wind/waterproof jacket
3. One light sweater
4. One warm sweater
5. Fleece wear
6. Loose pants
7. Enough underwear
8. Bath/face towel
9. Enough and appropriate clothes for city wear

Not-to-miss miscellaneous items:

1. Comprehensive Personal First Aid Medical Kit
2. Rucksack/Daypack (35-40 litre volume) to carry your valuables, camera, water bottle, rain gear, emergency medicines and other handy items
3. Sunglasses with 100% UV protection
4. Normal flashlight or headlamp with spare batteries
5. Water bottle (1 litre)
6. Repair kit (Optional)
7. Reading materials (Optional)
8. Camera and binoculars (optional, but recommended)
9. Luggage tags and lock
10. Plastic garbage bags to protect your clothes from rain and dust

Toiletries:

1. Sunscreens and lip guard
2. Toothpaste, tooth brush and soap
3. Anti bacterial hand gel
4. Skin moisturizer
5. Wet wipes
6. Insect repellents

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Eateries/snacks:

1. Favorite snacks
2. Energy bars (chocolates)
3. Glucose tablets
4. Electrolytes or Oral Rehydration Solutions (ORS)