

<b>Personal Packing List</b>	<b>Got It</b>	<b>Packed It</b>	<b>Roommate Packed it</b>	<b>Last minute Check</b>
<b>For the Flight: carry on items</b>				
Passport				
Airline Tickets				
Ear Plugs				
Inflatable neck pillow				
Eye shade				
Reading material				
Power bars or other snack				
Walkman & tapes				
Language tape & phrase book				
Prescription medications (bring extra)				
Camera & film (lead film bag if high-speed film is used)				
Money belt				
Travel alarm clock				
Contact lenses (one extra pair, at least)				
Moist towelettes				
Toothbrush and tooth paste (it's a long flight)				
A few snacks, your choice				
<b>Travel gear:</b>				
Fresh Camera Batteries PLUS an extra set				
Flashlight				
Fresh Flashlight Batteries PLUS an extra set				
Travel diary				
Sharpie/permanent markers				
Swiss Army knife or Leatherman				
Duct tape (we never have enough)				
Pens & pencils				
Safety pins				
Small calculator				
Electrical Converter (not just an adaptor, current is 220v)				
Binoculars				
<b>Toiletries:</b>				
Eyeglasses (2 pair)				
Sunglasses				
Toilet paper and/or small packs of tissues				
Tampons/pads				
Ziploc bags (to dispose of paper and sanitary products)				
Trash bags				

Personal items (shampoo, deodorant, toothpaste, etc)				
Gatorade type mix (for dehydration while adjusting)				
Anti-diarrheal (most people need it)				
Sunscreen				
Band-aids & good blister care				
Razor (outlets are usually 220v)				
Insect repellent (high DEET content)				
Nutritional supplements				
Eye drops (dust and pollution can irritate eyes)				
Washcloth and towel				
<b>Clothing:</b>				
Comfortable shoes				
Hat and/or sweatband				
Scrubs				
Swimsuit (Godavari has a great pool)				
Sweat suit				
Sweater and/or jacket* (The nights can be a bit chilly)				
One formal outfit (Clinic attire) Including Shoes.				
<b>For women:</b>				
Long skirts (below knee) or pants				
T-shirts (shoulders covered)				
Light dresses (You can buy CHEAP skirts in Thamel)				
<b>For men:</b>				
Pants or long shorts (NO hot pants!!!)				
T-shirts				
<b>Luggage allowances</b>				
Carry On – one piece, no greater than 45” total				
(length + width + height) = 21” x 15” x 9” Weight 15 lbs.				
Checked – two pieces, total not to exceed 107”,				
e.g. 1st piece 62” + 2nd piece 45”				
To get the total add Height + width + length.				
Weight - each piece limited to 70 lbs. Total 140 lbs.				
Adjusting table counts as one piece of checked luggage.				
<b>Luggage allowances are rigid so don't expect to be</b>				
<b>"given a break" at check in. If your luggage is</b>				
<b>overweight then you will need to pay extra or leave</b>				
<b>some things behind. No Exceptions.</b>				