

Packing List for ‘Walking with the Buddha’

A few things to keep in mind before you start packing...

- ★ **Luggage weight restrictions:** Your internal flights in India on this trip are limited to 44 lbs (20 kg). Please restrict your weight to that limit. If you know you need more weight, you can pay for more beforehand. Please contact BJ@RetreaTours.com if you need more information about this option.
 - Your carry-on item is restricted to 15 lbs (7 kg), and they *do* sometimes weigh them at check-in.
- ★ **Laundry:** You are able to have laundry done (at your expense) on this journey or wash items in your room, if you choose.
- ★ **Packing cubes:** We highly recommend [packing cubes](#) as a way to organize your luggage! We’ve lived out of our luggage since January 2013 and would be lost without them.
- ★ **Temperatures:** Expect temperatures ranging between 60 and 95°F on this trip (16–35°C). Only the early mornings and nights may be chilly; in the afternoons, expect it to regularly reach the 90’s.
- ★ Please don’t feel you need to buy anything new for this journey. Wear what you feel comfortable in (and don’t be afraid to repeat outfits—you’ll certainly see us in the same outfits a lot ;))

Cultural wardrobe notes about this journey:

- ★ Please keep knees and shoulders covered on this journey.
 - You don’t need long sleeves; even short, cap sleeves are long enough—just avoid spaghetti-strap style tops. If you wish, you can wear a light shawl or scarf over bare shoulders when necessary.
 - Capri pants, skirts, and even shorts are fine **if they fall below the knees.**
- ★ Please choose lightweight, breathable fabrics like cotton, linen, or bamboo. You may also wish to consider quick-dry fabrics if you know you are going to wash items in your room.

When we have a recommendation for a product, we will link to it in the list below.

And most importantly, **bring what you know you will use.** If something on this list does not resonate with you or pertain to you, feel free to ignore it!

Clothing

Tops

- ❑ 4-5 tops (this could mean shirts, tunics, or dresses)
- ❑ A light shawl or scarf might prove useful, especially to cover shoulders if necessary

Bottoms

- ❑ 3-4 bottoms
 - ➔ Please only wear leggings/tights/yoga pants under a long shirt, tunic, or dress, not as pants. Culturally speaking, it is best to not wear tight, form-fitting clothes.

Shoes/socks

- ❑ Good walking shoes that are already broken in. This could mean walking sandals (Keens, Tevas, etc) or sneakers. Hiking boots are not necessary. You'll need to slip shoes on and off as we enter temples frequently, so something easy to slip on would be a bonus.
- ❑ Casual shoes for leisure time or around the hotel (sandals, flip-flops, etc)
- ❑ As many pairs of socks as you feel you need (we recommend [SmartWool socks](#), for comfort and odor protection)

Underwear

- ❑ 8-12+ pairs of underwear, depending on if you want to have laundry done or wash them yourself in your room.
- ❑ If you wear a bra, you may wish to bring at least 2, if you wish to have a spare while you wash and dry the other one.

Outerwear

- ❑ A light jacket, sweater, or cardigan for potentially chilly early mornings/late evenings (and the flight to India!)

Etc

- ❑ Sleeping attire
- ❑ Hat with a brim for the sun
- ❑ Sunglasses

Accessories

- ❑ **Paperwork (or photos of these documents on your phone)**
 - ❑ Copy of your passport (will speed replacement in case passport is lost)
 - ❑ Visa print out (India visa must be printed)
 - ❑ [Travel insurance information](#) (policy number, associated phone numbers)
 - ❑ Details of return flight itinerary (to enter Delhi airport upon departure)
 - ❑ Copy of credit/debit card information you are bringing (don't forget to call your bank to let them know you are traveling)
- ❑ [Ear plugs](#) (*You may not usually use them or love them, but you will appreciate them if you need them on this journey! From barking street dogs to a snoring next door neighbor, you don't want to be without them, just in case.*)
- ❑ Eye shades *This can help dramatically with jet lag recovery.*
- ❑ Day bag (something simple to carry your camera, hat, water, tissues, etc, during our outings)
- ❑ Camera
 - ❑ [Extra memory card](#)
 - ❑ Batteries/charger for camera
- ❑ Electric outlet adaptor (with USB charging. [This one is Lauren's prized possession!](#))
- ❑ Small flashlight or headlamp (or you can use your smartphone's flashlight)
- ❑ Power bank to recharge devices on the go (We like the [Anker brand](#))
 - ❑ **IMPORTANT: This MUST be packed ONLY in your carry-on.** If you place it in your checked luggage, your luggage will **not** go onto the plane. We've seen this happen multiple times.
- ❑ Umbrella or light rain shell (Bonus: umbrella can be used as a parasol in the sun) *We find many people regret not bringing some form of rain protection—a travel umbrella really is worth the weight, and it can also double as sun protection. While it is not the rainy season in India/Nepal, one can never tell!*
- ❑ A few snacks for the plane or long vehicle rides (packaged nuts, protein bars, jerky, etc. Bringing *commercially packaged* food into India is not a problem.)
- ❑ **Inflatable Meditation Cushion:** you may wish to have [one of these for sitting practice](#), if you are used to a cushion at home.

Toiletries

- ❑ Sunscreen (*We recommend mineral-based sunscreens, as opposed to chemical sunscreens. You'll know it's mineral-based if the active ingredient is zinc oxide or titanium dioxide.*)
- ❑ Insect repellent (*This is a [travel-friendly natural balm](#); this is a TSA-friendly [Picaridin-based formula](#)*)
- ❑ Travel pack of tissues. (*Please always have these on you, as you'll almost always need them in any public restroom*)
- ❑ Lip Balm
- ❑ Preferred shampoo/conditioner (*hotels will have shampoo, but not conditioner*)
- ❑ Toothbrush/toothpaste (*We kindly ask that you bring your own and not use any disposable ones offered in hotel rooms, as a favor to the local environment*)
- ❑ Feminine hygiene products
- ❑ Extra prescription glasses and/or contact lenses + a digital copy of your prescription (*especially if you can't function without your corrective lenses!*)
- ❑ Reusable/refillable water bottle. This is to cut down on plastic waste, but please only bring if you already use one or know you will continue to at home. If you wish, you can just refill disposable plastic bottles on site.
- ❑ We recommend using this time as a break from your beauty routine, and to just soak up all the external beauty! Hair dryers are usually available (in room or on request) if you feel you need one. Only bring your own hair dryer or flat-iron with you if you know it is dual-voltage, as it will not work with the voltage overseas (*220 volts in most of the world vs 120 in USA*).
- ❑ Mini-first aid kit:
 - ❑ Your prescription drugs (*with a copy, even if it's only a photo, of your prescription*)
 - ❑ Pain reliever (Ibuprofen, etc)
 - ❑ Imodium
 - ❑ Chewable Pepto Bismol tablets
 - ❑ If you tend toward constipation, remedies/tea for that (*as jet lag can aggravate it*)
 - ❑ If you are prone to motion sickness, please bring appropriate remedies (we like [SeaBands](#), chewable ginger candies or tablets, or less-drowsy Dramamine).
 - ❑ 2-3 bandaids and/or moleskin, if you think your shoes may cause blisters

Important: We strongly recommend NOT bringing any medical marijuana products, including CBD oil, abroad (with or without THC).

Note: Do not pack any manicure scissors in your carry-on, no matter what the official TSA rules are. They will most likely be taken.

Digital Packing List

Here are some apps we recommend; you can read more about them in your orientation document:

- XE currency app
- WhatsApp app
- Google maps
- Google translate

Etc

If you have more space and want to see what we use on the road, you can visit

RetreaTours.com/gear

- [Noise-cancelling earbuds](#). Lauren has sworn by these since 2013; they make a huge difference in noise on the airplane, whether you want to listen to music or movies or just cancel the hum of the plane.
- Your preferred instant coffee. Although there is coffee offered at each hotel, if you are a self-professed “coffee snob” (nothing wrong with that!), you may wish to come prepared! Each hotel room will have a kettle for hot water if you wish to bring your favorite teas, too.

Other things I’d like to bring—don’t forget!

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