



SAGE: Studies Abroad for Global Education

SUMMER PROGRAM PACKING LIST

A note on the weather: July is during the monsoon season in India, which means that the weather will NOT be as blistering hot as it is during the summer months of May and June. It still can be hot and humid at the lower elevations, but cool and rainy in the mountains. All trips will have a mixture of hot and humid and cool and wet weather. Everything on this list applies to all trips, though special gear needed for the trekking trip appears on the back.

Please remember, most things on this list ARE available in India if you forget something. When packing, remember, **LESS IS BETTER!!** You **MUST** be able to carry all your own gear.

Bags:

Backpack: This is what you will pack in, and should be as comfortable and light as possible. We recommend packs on which the zippers can lock together with a small lock and key.

Duffel bag: While everything should be packed into your backpack, and extra duffel can come in handy at times. This should be soft-sided and with zippers which can be locked together.

Day pack: A book bag or fanny pack to use on short outings. This is what you will carry with you on flights.

Stuff sacks: Several of these will help you organize things in your pack – keeping your toiletries separate from your shoes.

Ziploc bags: Like stuff sacks, these help you organize your things and keep notebooks, etc. dry!

Gear:

Sheet or Sleep Sack: A light-weight cloth covering to sleep on or under.

Money belt or pouch: To be worn daily, under your clothes, safely holding your passport and money, etc.

Water bottle: One-quart plastic Nalgene bottles are best.

Flashlight or head-lamp: Extra batteries are available in India.

Travel alarm clock or watch: To catch early morning buses or trains.

Clothing: *(men in India typically dress Western, while women dress Indian. You will be able to do some clothes shopping soon after you arrive. There will be laundry facilities along the way.)*

T-shirts: 3, you will be receiving an additional SAGE T-shirt

Pants: 2-3, ideally light weight (not jeans, which are too heavy)

Dress shirt/nice blouse: 1, for special occasions

Skirt/dress: 2, though you can easily buy these in India

Socks & Underwear: 6 pairs each

Sweatshirt/fleece jacket: 1, light weight

Rain jacket: light weight

Swimsuit: please be conservative!

Shorts: 1-2, at least mid-thigh length (Boys ONLY, sorry girls!)

Walking shoes: sturdy shoes or light-weight boots you could hike in

Sneakers or Sandals: for daily wear

Flip-flops: casual wear and at the beach (South India trip)

Pajamas/nightwear: 1 set

A note about shoes: It is customary to take off your shoes in temples, people's homes, etc., so please bring shoes or sandals that are easy to take on and off. You will be doing this regularly!

Toiletries: *(just the basics! No hair driers, irons, etc)*

Toothbrush and paste

Comb or hairbrush

Soap (small bar/container)

Shampoo

Chapstick

Sunscreen

Insect repellent

Towel: small and lightweight

Medications: Ones you take personally. SAGE will provide a separate first aid kit.

Purell: anti-bacterial gel for washing hands or cleaning items without water (small travel bottle)

Malaria medicine (you should begin this before leaving)

Miscellaneous:

Passport!!

Sunglasses

Glasses/Contacts/solution: if you wear them, bring a copy of your Rx in case you lose them!

Sun/rain hat: a "baseball hat" is probably the easiest and lightest to carry

Bandana: can serve multiple purposes

Digital camera (or regular camera) and extra batteries/card. Film is available in India.

Notebook /Journal

Pen/pencils

Small locks: 2, to lock you pack and/or duffel

Book: for plane and trains, free time. Trade with other participants when you are done.

Gifts: a few small and light items to share with new friends can be very meaningful. (Post cards of your city or state, a small calendar, key chains, etc.)

Address book: for writing or sending postcards to friends and family back home. Make sure to include email addresses!

Spending money: We recommend either using an ATM card to withdraw cash in Indian rupees, or \$100 - \$200 in cash (in 10's or 20's which can be easily exchanged into rupees.) You will not need much money except to buy extra food (snacks, etc) and gifts along the way.

Optional:

Playing cards or other travel games

Hacky-sack / small frisbee

Trekking in the Himalayas:

Please remember that Ladakh is at 10,000 ft and is basically a high desert. This means that the sun can be very intense during the day but it can get very cold at night. You will not likely encounter any rain.

Sleeping bag: Because you will be going to high altitudes your sleeping bag should be rated to 0 degrees. When it is warmer, you can sleep with a sheet *on top* of your sleeping bag.

Sleeping pad: We recommend an inflatable Thermarest variety.

Extra water bottles: You should have at least 2 water bottles with you.

Hiking boots: Be sure these are **already broken in** before you go. Don't buy a new pair the day before you leave!

Clothes: Bring a few extra layers of warm clothes. While the rest of India is quite hot, Ladakh can be cold in July.

Things NOT to bring:

NO ELECTRONIC ITEMS PLEASE (India uses a different voltage than the US)

Cell phone: Please do NOT bring your own. Calls are easy (and cheap!) to make from public phone booths. The trip leaders will have cell phones for emergency access, and you WILL be able to check and send email.

iPods, MP3 players, Walkmans, Gameboys, etc: We will be too busy having fun and experiencing India!