

Things to Take (Rajasthan Nov – Dec)

Here are my recommendations for things to take with you on your tour to India. For Art Equipment and any materials you may need – separate sheets to follow.

Clothing...

- **Daytime: Lightweight cotton clothes** (not too revealing for ladies e.g. no shorts or mini skirts) are best, pale colours are more effective in repelling mosquitos. I would recommend 4 complete changes of clothes although we will have access to hotel laundry services, it is best to be prepared.
- **Evenings/Night: Warm coat, jumper, cardigan or wrap** for the evenings as it can get chilly especially in the Desert at night.
- **Jeans, warmer trousers or heavier skirt** and tights would also be advised for these times.
- **A lightweight straw or cotton hat or peak cap** will protect you from the sun and midday heat. (can be bought at the airport or in India)
- **A woolly or thermal hat** will make a big difference in conserving heat for night trips.
- **Sandals or flip flops** that can be easily removed, or simple and cool **jogging shoes**. Must be good to walk in. Actually I found that I most often wore a cheap lightweight pair of flip flops as they were very easy to take on and off when visiting temples, shops and houses where footwear is usually removed and they are also easy to wash as the streets are often very dirty and full of interesting substances.
- **Socks** to keep feet warm on chilly nights (not very easy to wear with flip flops so make sure you will have at least one other pair of sandals or shoes.)

Medications / Health...

- Sufficient supply of any **prescribed medications** that you are taking
- **Malaria** (and possibly **Antibiotic** tablets) please get up to date advice from your doctor
- **Sunscreen** – I would recommend at least factor 30
- **Mosquito / insect repellent**
- **Antiseptic cream** or spray (Savlon spray is good and keeps wounds dry)
- **Anti-bacteria hand gel** which you can buy from most chemists is a very good idea. I always use it.
- Over the counter **diarrhea medication**, Immodium is very good.
- **Headache tablets** such as Aspirin, paracetamol or ibuprofen. Note: If you can take aspirin, taking 1 tablet just before your flight can lessen the risk of Thrombosis or blood clots which is a potential danger on long haul flights where you may be inactive for long periods.
- **Eye drops**
- Packet of **plasters**
- A packet of **Tissues** or toilet roll.

Money, Safety and Security...

- **Traveller's cheques**, any credit/debit **cards** you wish to take and **some cash**, keep in separate places.
- **Money belt**, or thin wallet to keep in your front pocket
- **Copies of your passport** with visa, and your list of travelers checks, to keep in various places amongst your belongings.
- **A small torch** and batteries, especially one that can fit in your purse or shoulder bag.
- **A small padlock** for locking luggage to immovable objects, combination padlocks are best and means you don't have to carry a key.

Other Items...

- **Toiletries** - don't forget your finger nail clippers, and any other small toiletries that you like, such as soap, toothpaste, toothbrush, and razor & blades, or hair shampoo. Toiletries are cheap and readily available in India if you forget or run out.
- **Towel** – useful though towels will be provided in all hotels
- **Sunglasses**
- **Camera**, the one of your choice, and plenty of film, although you can buy good film in the bigger Indian cities. If you are bringing a digital camera then make sure you have plenty of memory.
- A good **alarm clock**, and a **watch**
- **Pens** or felt tips for yourself and to give to the children that you will meet everywhere. However, requests for pens have greatly diminished over the years because the quality of Indian pens have improved.

Luggage...

- **Suitcase or backpack** depending on your own preferences. It is always a good idea to be able to carry your luggage even though you will be unlikely to carry it. The weight restriction for the flight is **23 kilos** per person to be checked in, plus hand luggage. Hand luggage must not exceed a maximum **length of 56 cm, width of 36 cm and depth of 23 cm**. Other bags, such as handbags, may be carried within the single item of hand luggage. All items will be x-ray screened and must not exceed 6 kilos in weight in Economy and Premium Economy, and 8 kilos in Upper Class. A laptop and its carrybag may also be carried on to the plane extra to the hand luggage.
- **A light shoulder bag** to carry your things

Can be Useful...

- A few extra passport photos can be useful for any variety of Indian forms or red tape
- Bottles (for holy soil or water)
- Address book
- Small notebook
- Journal to write in
- Extra pair of glasses
- Some plastic bags for storage or separating dirty clothes
- Mosquito net
- Earplugs – may help you sleep especially during loud festivals.

Don't Forget!

- Plane tickets
- Passport
- Money or credit/debit cards

These are only guidelines, what you actually decide to take is a personal preference, however, if you have any queries about this list or items you think should be included then please contact Kim on **01985 844183** or **07738932118**