



## Basic Packing List – Khajuraho Programs

**Baggage Allowance: 1 duffle bag + 1 carry-on**

**The following items are essential:**

- Sturdy walking shoes
- 2-3 t-shirts
- 1-2 long sleeve shirts
- 1 medium weight fleece or sweater
- 2-3 pants
- Water bottle
- Sun hat
- Sun glasses with UV protection
- Sunscreen
- Flashlight or headlamp
- Personal toiletries, including soap and shampoo
- Day pack (to carry essentials during travel or on walks/hikes)
- Indoor shoes/slippers (ex. crocs or flip flops that can get wet or be washed)

**Other recommendations to consider:**

- Shawl
- Light vest
- Long skirt
- Travel bath towel
- Insulated cup/small thermos
- Extra zip lock or plastic bags
- Camera and accessories
- International converter for rechargeable items or extra batteries
- Plug adapter
- TSA luggage locks
- Toilet paper or pocket tissues
- Laundry soap and clothes pins
- Ear Plugs
- Yoga Mat
- Meditation Props
- Notebook and pen

\* If you are taking any prescription medication, bring an adequate amount with you. Although some medicines are available in India, their supply and quality are not reliable.

**Things to leave at home:**

- Hair dryers, curling irons, straighteners, electric shaver, irons, hot water pot, heating coils, and similar electronic items
- Non-essential electronics
- Incense and candles
- Excess clothing

**Note about clothing:**

Due to cultural norms, modest clothing is ideal for your retreat in India. Loose, light weight cottons, quick-dry performance wear, and items that can be layered for warmer or cooler days are ideal. Prepare for cooler mornings and evenings and strong sun during mid-day. A good pair of water resistant, closed toed shoes are useful for the terrain in Khajuraho – many trails are rocky, uneven, and are surrounded by brush which can leave pricks in mesh shoes. Standard tennis/running shoes are sufficient for walks along the road or on campus.

**Baggage Allowance:**

**The Himalayan Institute provides transport and portorage for a maximum of 1 duffle bag and 1 carry-on bag. Please speak with us in advance if you will be travelling with excess luggage. Additional fees may apply and rates will be higher if not pre-arranged. Please attach the luggage tag (to be mailed to you) to your checked baggage and affix the purple HI luggage stickers to your checked bag and carry-on bag to help excursion staff ensure baggage reaches the proper destination. The purple luggage stickers are helpful in aiding excursion participants to identify each other during travel as well.** Airline weight allowance varies – please confirm your weight allowance with the airline directly to avoid paying unexpected fees. Many airlines within India limit checked baggage weight to 33lbs and carry-on baggage to 15lbs. If you are traveling internationally on the same ticket these baggage weight guidelines may not apply.