

India Short-term Trip Travel Tips and Packing List

Fast Facts

Currency: Indian Rupee (1 USD = 66.17 INR), note: this rate changes daily.

Electrical: 220v, a converter and plug adapter are required.

Languages Spoken: Official languages are Hindi and English. Regional language where CEM is located is Telugu.

Time Zone: India Standard Time, UTC+5:30 (10 ½ hours ahead of EST, 9 ½ hours ahead during daylight savings mid-March – early November)

Weather/Climate:

- Sept-Feb: Highs in the upper 80s-90s, lows in the upper 60s-70s.
- Mar-Aug: Highs in the mid 90s-100s, lows in the upper 70s-80s.
- Climate tends to be humid; evenings can feel cool so bring items to layer just in case.

Lodging: You will be staying at the CEM base in their guest residences. Bedding is provided.

Meals: Meals will be provided and prepared by CEM.

Water: Only use bottled water for drinking and brushing your teeth. Bottled water will be provided so be sure to bring a refillable water bottle.

Spending Money: Your basic expenses will be covered; however, you may want personal cash for snacks, souvenirs, or love offerings. \$100-200 is recommended.

Currency Exchange: The best location to exchange money is at the airport upon arriving in India, unless your team leader has made other arrangements.

Shopping: There will be an opportunity to shop for souvenirs towards the end of the trip.

What to Wear

While in India, tastefulness and modesty is key, and we will be following the lead of our hosts when it comes to what to wear. Women should wear ankle lengths skirts and modest, non-sleeveless shirts or blouses, or traditional Indian dress at all times. Men should wear light weight pants and casual shirts. No shorts.

- **Air Travel:** Dress comfortably. No leggings or clothing with rips or holes. Women should change into skirts or traditional Indian dress upon arriving at the airport in India.
- **CEM Base/Church:** Men should wear light weight pants and a casual shirt. Collared shirts are recommended for church. Women should wear ankle length skirts and modest, non-sleeveless shirts or blouses, or traditional Indian dress.
- **Touring/Sightseeing:** Pants or capris may be acceptable for women depending on where you are going. Be sure to check with your team leader.

Packing

- Keep your passport with you, do not pack in checked baggage.
- Carry-ons: One suitcase that fits in overhead compartment, and one backpack that fits under seat in front of you.
 - Be sure to follow airlines size and weight guidelines.
 - It is recommended that you pack a change of clothes in your carry-on in case your checked luggage is delayed. Women should also pack a skirt to change into upon arrival in India.
- Reminder: You can only take small bottles (max 3oz. size) of liquids in your carry-on bags. Please put these in one clear Ziploc bag not to exceed the 1-quart size.
- Checked Bags: Plan to bring 2 suitcases.
 - Be sure to follow airlines size and weight guidelines.
 - Also leave 1 ½ bags for team supplies, ½ bag for your personal items.
- Be sure to include identification on and inside each piece of luggage.
- Be sure to weigh and measure your bags before travel day.

Other Travel Tips

- Watch your luggage, passport, and belongings at all times. Pickpockets and petty thefts are common within airports and tourist areas. Keep valuables secured while at the children's homes as well.
- Leave your valuables at home. Don't bring anything that you can't afford to lose, or anything that reinforces the idea of being a rich American.
- If you are bringing a credit card, remember to notify your credit card company that you will be traveling.

Travel Items

- ☐ Passport
- ☐ Insurance card
- ☐ Backpack, passport pack
- ☐ \$100-\$200 (personal spending)
- ☐ Credit card
- ☐ Flight schedule, emergency contacts
- ☐ Travel toilet paper, Kleenex
- ☐ Plane neck pillow
- ☐ Personal snacks, gum

Linens

- ☐ Towels, wash cloth
- ☐ Bag for laundry

Clothing

Women:

- ☐ 2-3 pants (to the ankle)
- ☐ Tees, blouses, shirts (modest, no V-neck) (1/day)
- ☐ Traditional Indian outfit(s) (optional)
- ☐ Long pants, capris (touring only)

Men:

- ☐ 2-3 pants
- ☐ Tees, shirts (1/day)
- ☐ Collared shirt (church)

All:

- ☐ Long sleeve shirt
- ☐ Light jacket, sweater, hoodie
- ☐ Sleepwear
- ☐ Underwear, socks
- ☐ Bandana(s)
- ☐ Hat (sport or wide brimmed)
- ☐ Comfortable sandals, shoes (easy on/off)
- ☐ Tennis shoes (activities with children)
- ☐ Flip flops, shower shoes
- ☐ Outfit for plane home

Other Items

- ☐ Toiletries: soap, shampoo, shaving, feminine prods, etc.
- ☐ Glasses, contacts, solution
- ☐ Sleep aids: meds, earplugs, mask, etc.
- ☐ Personal meds/prescriptions (pack in carry-on)
- ☐ Cipro – Rx
- ☐ Malarone- Rx
- ☐ Hand Sanitizer, Wipes
- ☐ Sunscreen, Sunglasses, Chapstick
- ☐ Bug repellent, repel wipes (containing DEET)
- ☐ Reusable water bottle
- ☐ Headlamp, flashlight, batteries
- ☐ Alarm clock (Battery)
- ☐ Rain Gear: jacket, umbrella, poncho (dollar store)
- ☐ Bible
- ☐ Notebook, notepad, journal
- ☐ Devotion for day scheduled
- ☐ Pens, pencils
- ☐ Life token
- ☐ Playing cards, games
- ☐ Headphones
- ☐ Camera, Batteries
- ☐ Phone, charger, cord, portable charger
- ☐ Power convertor, plug adapter
- ☐ Family photos
- ☐ Ministry supplies as designated by team