

INDIA: THE HIMALAYAN PROJECT

CLOTHING & EQUIPMENT LIST

IMPORTANT NOTE: *In order to respect the cultural norms of India it is important that we dress conservatively. Pants will be worn at nearly all times of the program, shoulders should be covered, and undergarments should never be seen. Skirts and dresses should be full-length. Tank tops should not be worn. Lightweight, loose-fitting, and conservative attire is necessary. The clothing & footwear you wear during some of the service projects can get extremely dirty. You may want to bring some clothes and shoes you wouldn't mind donating at the end of the program.*

CLOTHING

- 3 PAIR LIGHTWEIGHT NYLON / LINEN PANTS* (girls may bring LONG SKIRTS if they prefer)
- 2 PAIRS OF SHORTS – both need to be KNEE LENGTH
- 5 T-SHIRTS
- 2 LONG-SLEEVED SHIRTS (1 LONG T-SHIRT and 1 SWEATSHIRT / FLANNEL)
- 1 FLEECE OR DOWN JACKET* (for the cold in the Himalayas)
- 12 PAIRS UNDERWEAR
- 1 LIGHTWEIGHT RAIN JACKET*
- 2 NICE SHIRTS (collared shirt for boys, modest shirt that cover shoulders and collarbones for girls)
- 1 BATHING SUIT
- 1 PAIR OF PAJAMAS (or preferred sleep wear)

FOOTWEAR

- 1 PAIR CHACOS or TEVAS
- 1 PAIR TRAIL RUNNING SHOES OR LOW HIKING SHOES (for hikes and service projects)*
- 4-5 PAIRS OF SOCKS

BEDDING

- 1 SLEEPING BAG (0 – 20 degrees)*
- 1 COMPRESSION SACK FOR SLEEPING BAG*

LUGGAGE

- BACKPACK OR TRAVEL BACKPACK (4,500—5,000 cubic inches)*
- DAYPACK (only necessary if you are **NOT** bringing a travel backpack with attached daypack)*
- DUFFEL BAG – pack empty inside your backpack (used to store extra clothing/gear during certain activities)*

ACCESSORIES

- 1 LARGE QUICK-DRY TOWEL
- 2 MEDIUM STUFF SACKS
- SUNGLASSES PLUS CROAKIES*
- 2 BOTTLES SUNSCREEN
- TOILETRIES (shampoo, conditioner, soap, toothpaste, etc. in small bottles)
- PERSONAL MEDICAL KIT (see **Clothing & Equipment Glossary** for recommendations)*
- VISOR/BASEBALL CAP
- 2 NALGENE BOTTLES OR 1 CAMELBAK*
- INSECT REPELLENT WITH 20-35% DEET *
- HEADLAMP AND 1 EXTRA SET OF BATTERIES*
- WATCH w/ ALARM* (cell phones and other wifi-devices will be collected and not available to use as an alarm)
- 1 MEDIUM TRASH BAG (for storing damp clothes)
- SPENDING MONEY (see **International Travel Sheet** for details)
- 2 SMALL BOTTLES OF HAND SANITIZER

FORMS AND DOCUMENTS

- PASSPORT W/INDIAN VISA AND PHOTOCOPY OF PASSPORT
- AIRPORT MEETING INFORMATION FORM

OPTIONAL

- CAMERA, MEMORY CARD & CHARGER*
- JOURNAL/ NOTEBOOK
- 3 PENS/PENCILS
- DONATIONS FOR SCHOOLS*
- FLIP FLOPS / SANDALS
- WORK GLOVES (for service projects)

***Please reference the Clothing & Equipment Glossary for more information on these items.**

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CLOTHING & EQUIPMENT GLOSSARY

Clothing packed for your ARCC program will keep you comfortable throughout the varied weather conditions we encounter. We emphasize using a layering system while living in the outdoors. Layering well and attending to small changes in temperature and exertion will result in much more comfort than you ever thought possible. You can add or subtract clothing to control a comfortable body temperature for yourself. The synthetic materials suggested are chosen for their insulation (even while wet), their warmth and their light traveling weight.

NOTE: This glossary is a supplement to your Clothing & Equipment List. Please see your Clothing & Equipment List for a full list of necessary items.

CLOTHING

LIGHTWEIGHT NYLON / LINEN PANTS: To be worn for protection from bugs, sun and wind.

FLEECE JACKET OR DOWN JACKET: This is recommended for travel days, extra warmth at night and chillier parts of the program.

LIGHTWEIGHT RAIN JACKET: Either a strong-coated nylon or Gore-Tex jacket works the best (although Gore-Tex can be quite expensive). We recommend raincoats with a built-in hood.

FOOTWEAR

CHACOS OR TEVAS: Chacos or Tevas are great for any water activity. Be sure that the sandals have a heel strap so they don't fall off when swimming.

TRAIL RUNNING SHOES OR LOW HIKING SHOES: These will be your primary walking shoes. Trail shoes are typically lighter weight than hiking shoes and are not as bulky. You should find a shoe that gives you a lot of support and one that has a good rugged sole. The more traction the easier it will be to walk on varied terrain. Keep in mind that your shoes may be subject to mud and rain during service sections. If you would prefer to bring an older pair of shoes, that is fine.

BEDDING

SLEEPING BAG: Your sleeping bag should be comfortable for colder temperatures. We recommend a bag between 0 and 20° F. It should be lightweight and compressible.

COMPRESSION SACK FOR SLEEPING BAG: A small nylon sack used to compress your sleeping bag to a smaller size making it easy to fit in a backpack (usually comes with a sleeping bag when purchased).

LUGGAGE

BACKPACK: Your backpack should be large with ample room to carry all your personal items, clothing and gear. Your backpack should be at least **4500-5000 cubic inches in size** and have a well-fitting padded waist strap and padded shoulder straps. It is recommended to be store-fit/sized to fit appropriately.

OR

TRAVEL BACKPACK: A travel backpack is typically a bit smaller than a backpacking pack and usually includes several features, which make it ideal for international travel. The most notable difference between a backpacking pack and a travel backpack is the fact that the shoulder and waist straps stow-away for checking on an airplane. Most travel packs feature a removable daypack, eliminating the need to purchase a separate daypack. Other features often include a one-zipper entry system, making it easier to access all of your belongings, organization pockets, a rain cover, as well as side and top handles to carry as hand luggage. **You should try to find a travel pack that is at least 4500-5000 cubic inches.** It is recommended to be store-fit/sized to fit appropriately.

DAYPACK: Your daypack can be your school book bag or something similar. We use these for day hikes or on travel days when a large backpack is unnecessary or inaccessible. If you purchase a Travel Backpack with a removable daypack, you do not need to purchase or bring a separate daypack.

DUFFEL BAG: This duffel is used to store items that you will not use during specific sections of your program. Please bring a small nylon duffel which can be folded and packed into your backpack when you travel to your program. Unless you are bringing donations, this duffel **MUST** be packed **EMPTY** inside of your large backpack, and should **not** be checked as a separate piece of luggage for your flight.

ACCESSORIES

QUICK-DRY TOWEL: A small quick-drying towel to be used for showers. There are several brands, such as Travel Towel®, and they are inexpensive and a nice alternative to cotton.

STUFF SACKS: Stuff sacks are small nylon bags used to organize clothes and gear in your backpack. We suggest two stuff sacks approximately 8" x 20" in dimension. 'Compression Sacks' (stuff sacks that compress to a smaller size) can also come in handy. Heavy duty Zip Lock bags are a cheaper alternative to Stuff Sacks and can also be used for organizing clothes.

SUNGLASSES PLUS CROAKIES: We strongly suggest that you do not bring expensive designer sunglasses on this program as they can be easily lost or damaged. Croakies are devices attached to the sunglass stem to keep the glasses from falling off your head.

PERSONAL MEDICAL KIT: All ARCC leaders carry a full first aid kit, however please consider bringing a personal medical kit with a few items you might need as you adjust to the new environment. For this program, ARCC recommends the following items:

- Altitude Sickness Medication (such as Diamox)
- Pepto Bismol
- Probiotic (eg. acidophilus)
- Imodium
- Electrolyte packets (eg. Emergen-C)
- 2 Small bottles of hand sanitizer
- Motion Sickness Medication (for train and boat rides)
- Antibiotic (eg. Ciprofloxacin)
- Laxatives (in case of sickness)

With the exception of the antibiotic and Diamox, all of these items are available over-the-counter. However, please discuss the use of any and all medications with your physician.

CAMELBAK/NALGENE WATER BOTTLE: Hydration is the key to a healthy adventure. A Camelbak is an alternative to a water bottle; it is a water pouch that slides into the back of your backpack and can often hold more water than one liter of water. Nalgene bottles are one-liter bottles made of durable plastic that are easy to clean and refill.

INSECT REPELLENT: ARCC strongly recommends using insect repellent with a 20-35% concentration of DEET, as studies have found this to be most effective in combating insects.

HEADLAMP: Headlamps are flashlights with a headband so that the user can have both hands free to cook or do camp chores.

NALGENE WATER BOTTLES / CAMELBAK: Hydration is the key to a healthy adventure. Nalgene bottles are one-liter bottles made of durable plastic that are easy to clean and refill. A CamelBak is an alternative to a water bottle; it is a water pouch that slides into the back of your backpack and can often hold more water than one liter of water.

WATCH w/ ALARM: A watch is essential for any type of travel. Yours should have an alarm for days when we have an early morning. We recommend waterproof or water-resistant watches. Remember that your cell phone and other wifi-devices will be collected and not available to use as an alarm.

OPTIONAL

CAMERA, MEMORY CARD & CHARGER: We encourage you to bring a camera as there will be many great opportunities for pictures. The small digital cameras (or 35mm cameras) are a nice combination of size and weight. If you are bringing a digital camera, be sure to bring at least one memory card and your charger or extra batteries. Waterproof/disposable cameras are also a great choice for this program. Please bring at your own risk; ARCC does not reimburse the cost of lost, damaged, or stolen property. Cell phones and other wifi devices will be collected and not available to use as a camera.

DONATIONS FOR SCHOOLS: During our community service sections we'll be visiting communities with schools that are sorely in need of school supplies. Appropriate donations will be outlined in the Pre-Program Webinar. This is completely optional.