CCS High School Volunteer Abroad: India Packing List

If you're reading this list, you're likely getting much closer to your international volunteer experience with Cross-Cultural Solutions! We're excited to welcome you on our program!

We understand that packing can get a little stressful, but we hope that this easy-to-follow checklist will make it a little easier and a little more organized. Here are some tips to get you started:

- ✓ **Pack light!** You might find a lot of items that you'll want to bring home from your travels, so save some room. And – who wants to be struggling through airports with heavy suitcases? Less really is more for the global traveler.
- ✓ **Love your layers.** Don't pack a new outfit for each day – the secret of smart travel packing is to embrace layers. So make yesterday's outfit look brand new with a quick cardigan, and have a wrap on hand for cool evenings.
- ✓ **You sparkle enough without the glitz.** Jewelry won't do you much good at a volunteer work assignment. Live simply with us, and leave the glitz at home.
- ✓ **This is your tool, not the rule.** You're unique, so let your individuality shine! 3 pairs of jeans not your style? Feel free to swap it out for long skirts or print pants. Just make sure your clothing is appropriate for a more conservative culture – this means you can leave your short shorts or t-shirts with questionable slogans at home. And keep in mind that female volunteers are required to dress traditionally at your work assignment. You will be required to buy a traditional outfit in Delhi, which costs about $55.

The Basics – Clothing

We've estimated the amount of clothing that you can bring based on a 2-week experience. So – if you're going on a 1-week adventure, pack a bit less. And if you're going for longer, remember that laundry services are available in community for a small fee, so this is assuming you're doing laundry every 10 days. Some of these are just our suggestions, so please pack what will be comfortable for you, while keeping in mind modesty in the community.

- ☐ 7-8 pairs of socks
- ☐ 12 pairs undergarments
- ☐ 2-3 pairs of jeans
- ☐ 1-2 other pairs of pants or capris (or long skirts for girls if you prefer)
- ☐ 2-3 changes of sleepwear (long pants or conservative shorts with t-shirts or tank tops)
- ☐ 12 t-shirts/tank tops (bring some that you don't mind getting dirty or painted on!)
- ☐ 3 pairs of conservative shorts for weekend/evening activities
- ☐ 2 sweatshirts for chilly nights
- ☐ One nicer outfit (like a casual dress or button-down shirt), just in case – no jewelry/heels needed
- ☐ 1-2 sport/active wear (like yoga pants or gym shorts) for playing sports & hikes
- ☐ Swimsuit – some weekend activities might include water! (remember – don't get too skimpy)
- ☐ Hat – to protect your face from the sun when you're outdoors
- ☐ Belt (if needed)

Packing on a Shoestring

Leave the heels at home – you won't need them here! Besides, shoes get heavy, so our list is short.

- ☐ Comfortable Walking Shoes (if these aren't your tennis shoes or trainers, throw in a pair of these as well for the occasional soccer game)
- ☐ Sandals (we like the kind with back straps)
- ☐ Flip-Flops for easy slip-ons after a shower or free time in the Home-Base

Shower-Time Stuff

We love travel-sized bottles! They're perfect for your first week (and sometime last for last two), and keep your suitcase light. If you're staying longer, you can always buy a larger bottle at a local market for a reasonable price, or feel free to just bring the big ones!

- ☐ Shampoo & Conditioner
- ☐ Soap/ Body Wash
- ☐ Face wash
- ☐ Sunscreen
- ☐ Shaving Supplies
- ☐ Brush/Comb
- ☐ Deodorant
- ☐ Hairdryer (optional – not recommended, but bring a voltage converter if you do bring one)
- ☐ Contacts/Lens Solution and/or Glasses/Glasses Case
- ☐ Insect Repellant
- ☐ Toothbrush/ Toothpaste/ Dental Floss
- ☐ 2 Washcloths, Facecloths, or Loofahs
- ☐ Lip Balm

Girls Only!

- ☐ Feminine Hygiene Products
- ☐ Hair Bands

Odds & Ends

These don't fit into any one category, you'll be glad you have them!

- ☐ Umbrella or rain jacket
- ☐ Sunglasses (a cheap pair will do)
- ☐ Alarm clock (if you're not planning to use your phone alarm)
- ☐ Medication, in original prescription bottles
- ☐ Luggage lock for your locker at the Home-Base
- ☐ Money belt (optional)
- ☐ Cross-body or drawstring bag for walking around town
- ☐ Water bottle to refill for days at your volunteer assignment
- ☐ Sarong or small towel for beaches/waterfalls
- ☐ Small flashlight

Keeping Connected

- ☐ Converters and adapters. You'll want the kind with 3 round prongs.
- ☐ Journal – if you prefer paper and pen to blogging. Either way, you'll want to capture every incredible moment.
  Tip: Write down those mailing and email addresses, and phone numbers, in the front cover so you have an easy contact guide to share your memories along the way.
- ☐ Camera & charger – No need to break out the expensive equipment – point and shoot is just fine. And remember to keep sharing your photos and videos with us while you're in-country!
- ☐ Phone or laptop/iPad (optional) & Chargers – Not necessary, but this can be helpful to stay in touch or share your instagramable moments.
- ☐ Printed photos of friends and family – share a little more of your life with fellow volunteers and at your placement

Important Documents

- ☐ Passport & visa
- ☐ A photocopy of your passport in a separate location
- ☐ Flight itinerary
- ☐ Some cash, for the airport and for a quick exchange, if needed
- ☐ ATM card or credit card (optional)
  Note: We recommend that you bring around $50-$100 per week of your experience, which will be used only for souvenirs/snacks

Carry-On

The Important Documents and Keeping Connected sections should be packed safely in your carry-on bags. But what else should you bring to make a long flight more enjoyable?

- ☐ Books or e-reader
- ☐ Snacks for the plane
- ☐ Pens (you'll need these for customs forms)
- ☐ Ear buds/ headphones/ ear plugs
- ☐ Any other items you need to stay comfortable (such as a travel pillow)
- ☐ CCS Handbook & Travel Contact Sheet – and wear your CCS t-shirt!

CCS Staff Favorites

We're a team of travelers, so we'd love to share a few of our favorites for circling the globe! These aren't necessary, but they might help out!

- ☐ Collapsible tote, if you're the type who will bring back some gifts and might need some extra room
- ☐ Scarves – great for changing up an outfit, or for turning a tank top into something appropriate to wear on a tour of a local church
- ☐ Bandanas – keeps you cool & travel-cute through hikes and playing sports
- ☐ Plastic bag – for storing dirty clothes
- ☐ Card games, like Uno, and other travel games for night-time relaxation

If you're packing and have some more questions, we're here to help! We've been there, so just give us a call. We're excited to be a part of the planning process with you.