

Nehemiah Teams

Reach the Unreached Packing List



Important Documents and Necessities

- Passport, Indian Visa, and Photocopies
3 copies of each
- Cash
We'll get Indian Rupees when you arrive. If carrying a lot of cash, split it up among team members.
- Credit and ATM cards
Alert your accounts that you are traveling to India, include all countries that you are passing through on your way. Almost every ATM in India can process cards from major creditors. (Visa, MasterCard, etc.) ATM's are common and often give much better rates than money changers.
- Insurance Information (if applicable)
Original/Copies of traveler's insurance information

Clothing and Accessories

- Lightweight/Breathable Clothes
It will be HOT. Upper 90's into 100's. Short-sleeves and pants are common. Most people don't wear shorts outside their house.
- Shorts: For wearing around the house or sleeping only.
- Comfortable walking shoes
We'll be walking a lot. Culturally, you take your shoes off when entering houses. Comfortable easy on/off shoes are good. Chacos, Tevas, Keens, are also good.
- Day Pack
A small bag for day trips will be helpful. You'll be carrying water, snacks, resources, tissues, passport copies, cash, compact raincoat, etc.
- Raincoat (optional)
A small compact raincoat is helpful, but likely won't be used every day.

For Women

Culturally women will need to dress more conservatively.

- Lightweight/Breathable Pants
Loose fitting pants are fine to wear in the cities and during travel.
- Long Skirts
Long loose fitting skirts in Delhi are fine. Not many people wear them in Patna.
- Lightweight Shirts/Tops
Short sleeves are okay. 3/4 length sleeves in conservative contexts (bring 2)
Length should be long enough to cover your bottom when standing
- Lightweight Scarf
These will be used to cover your head during visits to Masjids, Dargas, or certain Church Services.

Snacks

- **Granola Bars/Healthy Snacks**
Junk food is available everywhere. Most quick roadside foods are fried. Consider bringing some granola bars or cheese crackers. They are expensive/non-existent here.

Personal Items and Hygiene

- **Essential Toiletries:** Most basic toiletries are available... in Indian flavors and styles. Charcoal toothpaste, Neem Shampoo, etc.
- **Tissues.** Small travel packs are helpful, most public bathrooms don't have toilet paper.
- **Hand Sanitizer.** Soap is not always available in public bathrooms

Medications and Health

There are a lot of small pharmacies available, chemical names for medicines should be known. (ex. Tylenol = Acetamenophen)

- **Regularly Prescribed Medications.** Also know the chemical names for those medications
- **Allergy Pills.** There is a lot of air pollution in Delhi and Patna. If you regularly have sinus infections, consider bringing Claritin, Zyrtec, etc.
- **Anti-itch cream.** Rashes and itching due to heat are common
- **Cold medicine.** Dayquil and Nyquil type medicines are not available
- **First-aid kit.** Basic assortment Band-Aids and antibacterial creams
- **Motion Sickness Medication.** We will be traveling a lot in rickshaws, taxis, trains, ox carts, etc. Sometimes for long distances on very curvy roads
- **Nausea and Diarrhea.** Local food is an adjustment
- **Pain relievers.** Tylenol, Ibuprofen, and Aspirin are available
- **Sunscreen and Sunglasses.** We will be in the sun a lot
- **Insect Repellent.** Small spray bottle

Electronics

Indian Electricity should be around 220-230 volts, but varies often. Type D and Type C plugs are used. Most computer and cellphone chargers already have stabilizers/converters built in.

- **Flashlight/Headlamp.** Power goes out often
- **Cell Phone and Charger (to be used during international travel)**
Alert Service Provider about all countries during travel, it would only be used in emergency for communication.
Most phones are Android/MicroUSB, Apple accessories are not as common
- **Power Supply/Travel Chargers.** You'll be taking a lot of pictures/videos; small travel chargers or power supplies are helpful. **YOU MUST PUT THESE IN YOUR CARRY ON BAGS. DO NOT CHECK THEM.**
- **Plug Adapters.** We will have plug adapters. If you want to bring your own, Type D and Type C are used.

Orientation/debrief items:

- Bedding during orientation/debrief: self-inflating sleeping pad or foam pad, sheet, small pillow (no electricity on site for blowing up air mattresses)
- Outdoor bathing stations: All students will need dark colored shorts & shirts to wear while bathing. Flip-flops recommended.
- All students need a towel for bathing.
- Personal water bottle (recommended 1 qt capacity)
- Headlamp/flashlight
- Watch w/ alarm or battery-operated alarm clock
- Rainjacket/poncho or umbrella
- Handheld mirror
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes
- Basic personal first aid kit