

## WHAT TO BRING

### 1. Clothing

- Comfortable shoes with good tread.
- A sweater and outer jacket are recommended since temperatures can drop close to freezing in January.
- Men should bring lightweight cotton pants and women should bring long skirts or dresses of a lightweight material with long sleeves. Men may wish to take one tie and jacket for formal meetings. To respect local customs, shorts and tank tops should be avoided.
- Socks/ Sock slippers for the temple (To wear in dirty/dusty shoe-free locations. e.g. inside temple grounds)

### 2. Luggage

- Luggage locks are strongly recommended.
- A carry-on bag or daypack. International flights may only allow one piece of carry on luggage.
- If carrying along expensive electronics or photography equipment, declare before entering India.

### 3. Supplies

- Extra pair of glasses and/or your prescription in case of theft or loss.
- A flashlight (power can go out several times a day).
- A small pocket-knife for peeling fruit.
- An electrical coil for boiling water.
- An India wall plug adapter for electrical equipment. Also India has 220V/50Hz power so you might need a converter.
- Money belt for passports, credit cards, cash etc.
- For your own protection, please have a photocopy of the first 2 pages of your passport and the page with Indian Visa.
- We recommend that you bring some light food with you for snacks. Ex. Granola bars, power bars, powdered protein drinks, instant oat meal, nuts, herbal tea, hot chocolate and dried fruits.
- You may need mosquito repellent. Mosquito nets are usually provided by guest houses. Enclosed, zipped net tents are available in Bodhgaya for ~300 Rs
- Please carry hat, sunglasses, and sunscreen.
- You may also need hand gel/liquid hand soap, disposable face masks, rags/antibacterial cleaning liquid, plastic sheet/cushion for meditation, sleeping bag for overnight stay and medicines as necessary.