

KIT LIST - DISCOVER VEGAN INDIA

The kit you take can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and those of participants who have taken part in our previous trips. The items on this list do not take into account your personal preferences based on your previous experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

| DOCUMENTS + FLIGHT ESSENTIALS | ✓ |
|-----------------------------------|-----------|
| Passport and Copy | ESSENTIAL |
| E-Tickets | ESSENTIAL |
| E-Visa approval | ESSENTIAL |
| Travel insurance | ESSENTIAL |
| ATM and credit card (s) | ESSENTIAL |
| Cash (£ Sterling) | ESSENTIAL |
| Pen for immigration forms | ESSENTIAL |
| Sunglasses (preferably polarized) | ESSENTIAL |
| Mobile phone + charger | ESSENTIAL |
| Camera + spare batteries | SUGGESTED |

| LUGGAGE | ✓ |
|---|-----------|
| Suitcase/large holdall kitbag | ESSENTIAL |
| Daypack (25 – 30 litres) | ESSENTIAL |
| Hand Luggage (take note of dimensions from airline) | ESSENTIAL |
| Combination padlocks | ESSENTIAL |

| CLOTHING AND FOOTWEAR | ✓ |
|--|-----------|
| Trekking boots: either worn on flight or carried in hand luggage | ESSENTIAL |
| Sturdy boots or trainers for project | ESSENTIAL |
| Trainers/casual shoes for evenings | ESSENTIAL |
| Trek trousers (zip off trousers ideal) | ESSENTIAL |
| Non-cotton, technical t-shirts | ESSENTIAL |
| Non-cotton long sleeved top/shirt | ESSENTIAL |
| Socks and underwear | ESSENTIAL |
| Warm fleece layer | ESSENTIAL |
| Warm jacket (e.g. Primaloft) | ESSENTIAL |
| Waterproof jacket and trousers | ESSENTIAL |
| Old clothes for project | ESSENTIAL |
| Clothes for yoga/meditation sessions | ESSENTIAL |
| Casual clothes for sightseeing | ESSENTIAL |
| Thermal base layer top and trousers | ESSENTIAL |
| Sun hat with brim | ESSENTIAL |
| Warm hat | ESSENTIAL |
| Flip-flops for showers | ESSENTIAL |
| Gloves (for trekking and also heavy duty for project) | ESSENTIAL |
| Scarf/pashmina for temples | SUGGESTED |
| Neck cooling 'Cobber'/cooling towel and Buff | SUGGESTED |

| HEALTH AND HYGIENE* | ✓ |
|--|-----------|
| Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, shower gel, nail brush and nail care kit | ESSENTIAL |
| Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat), throat lozenges, decongestant, Vaseline | ESSENTIAL |
| Hairbrush/comb | ESSENTIAL |
| Travel towel | ESSENTIAL |
| Feminine care products | SUGGESTED |

| OTHER KIT | ✓ |
|--|-----------|
| Sleeping bag (comfort -5°C) | ESSENTIAL |
| Sleeping bag liner (silk/thermal) | ESSENTIAL |
| Sun block (high SPF) | ESSENTIAL |
| Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks | ESSENTIAL |
| 2 ltr water hydration system (e.g. Camelbak) | ESSENTIAL |
| 1 ltr metal/insulated water bottle | ESSENTIAL |
| LED head torch + spare batteries | ESSENTIAL |
| Adaptor (European 2 round pin or 3 round pin) | ESSENTIAL |
| Ear plugs | ESSENTIAL |
| Hiking poles – to be stowed in hold luggage for flight | SUGGESTED |
| Energy food/snack bars | SUGGESTED |
| Electrolyte (e.g. NUUN) | SUGGESTED |
| Water purification tablets (e.g. Biox Aqua) | SUGGESTED |
| Swimwear | OPTIONAL |
| Travel pillow | OPTIONAL |
| Portable power bank | OPTIONAL |
| Spare glasses/contact lenses | OPTIONAL |
| Video camera + charger | OPTIONAL |
| MP3 player/ipod | OPTIONAL |
| Books/pack of cards | OPTIONAL |