

FREQUENTLY ASKED QUESTIONS FOR INDIA TRIP 2019

Indian Visa

- It is highly recommend get your passport stamped
- E-visa is easy but in Delhi there can be a long line at the airport
- www.travisa.com – they will help with the passport visa as well as evisa
- Do not contact the Indian consulate directly

Which city to Land?

- You will land and take off from New Delhi
- You want to land in New Delhi latest by Sept 22nd 2019
 - Your room is included for the night of Sept 22nd
 - The trip starts on the morning of Sept 23rd
 - If you decide to come early you will have to pay for your own room
- You want to depart from New Delhi not earlier than Oct 8th night

Travel Insurance

Totally your choice to get a travel insurance. If it gives you peace of mind please go for it. Search for International travel insurance and you will get many choices

Immunization

Check the website:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/india>

Language spoken

English is the common language. All hotels will have people speaking English and in some places the English may not be too clear.

Converter

- Make sure your device has the 110 to 220 volt conversion ability
- US is 110 volt
- India is 220 volt

What are the cities we will be visiting?

New Delhi

Agra

Jaipur – jay-poor

Ranthambhore – ran-thumb-ore

Rishikesh – Ree-she-Cash

Currency Exchange

You can get your first round of currency exchanged at the airport itself. The rate will be displayed. I would say get started with \$200 which will be around Rs12000

What are the names of our hotels

Delhi	Lemon tree
Agra	Hotel Trident Agra
Jaipur	Castle Kanota
Ranthambhore	Pugmark Hotel
Rishikesh	Parmarth Niketan Ashram

- All hotels have restaurants, bar, pool, air-conditioned rooms
- Both hotels in Jaipur are palaces converted into hotel and therefore might be little restricted in cuisine
- All hotels will have hair dryers
- Most hotels will also have spas and gyms

- Most hotels will have laundry service – not included
- In Rishikesh, there will be no hotel facilities

How much yoga are we going to do?

We will do one class every day.

If you don't feel like doing yoga you are more than welcome to skip and chill.

The level of the yoga class is going to be for beginners so that everyone can participate.

In Rishikesh, we will be following the planned daily routine of the ashram

Typically, it will be an early morning class as by evening most of us will be ready to chill. But I will be open to anyone wanting to do yoga in the evening.

There won't be any fixed place – we will find an open space and use that.

Yoga mats

This is what you will carry - <https://www.manduka.com/catalogsearch/result/?q=travel+mat>

Travel within India

We have our own airconditioned bus that will take us everywhere as a group. Anything that is not in the plan and you wish to do on your own, will be extra expense. Hotels have their private cars with drivers that can be rented.

This bus will carry our full luggage so at every hotel you will have all your belongs.

Most drives are between 3 to 5 hours.

From Jaipur to Dehradun and back to New Delhi we will be taking a domestic flight.

Night Life

This plan does not include night life/clubs/pubs etc. Every hotel will have bars and restaurants.

Food

- Most meals will be in the hotel and all meals will be buffet style
- 99% of the time you will have choice of continental and Indian food
- Stay away from raw and dairy foods while in India
- There are very few meals that we will have outside the hotel

Water while in India

- Always drink bottled water but you can use regular tap water to wash, bathe and brush your teeth. Feel free to use bottled water for that too.
- Every hotel room will have bottles for you. The bus will have a cooler with water bottles.
- Outside, a 1-liter bottle is \$1-\$1.50. You can choose to take filter bottles or tablets etc.

Phone

- Please install whatsapp
- When traveling to India get international roaming from your service provider
- Most hotels will have wifi – some may have a fee on a per day basis

Medical Kit

1. Charcoal – for any stomach issues
2. Allergy medicine
3. Mosquito repellent – get some organic ones at Wholefoods or even Burt's bee has a great one
4. Do-terra
 - a. Terra shield oil - <https://doterra.com/US/en/p/terrashield-spray-oil>
 - b. On- Guard beadlets – great to have every day to keep the immunity high - <https://doterra.com/US/en/p/on-guard-oil-beadlet>
5. Ibuprofen
6. Band-Aid

7. Ear plugs
8. Any prescription medicines you take on a regular basis

Bags to carry

1. Big check-in bag – check with your airlines how much weight you are allowed
2. Carry on
3. Purse – sling kind across your shoulder
4. Haversack to keep your camera, sun screen, water etc.
5. Money pouch around the waist or neck

Packing

1. Don't pack too much as you will end up shopping in India.
2. Clothing -Remember to be modest -
 - a. Taking a few full sleeve t-shirts to keep the bugs away and cover the shoulders in some places
 - b. Shorts are fine but closer to the knee
 - c. A light jacket for the evening and early morning safari – I would say one fleece jacket
 - d. A Stoll/scarf that will wrap around – if we need to cover head shoulders etc.
 - e. Swim suit – pools in the hotel
 - f. Hiking pants which can be zipped out to shorts
 - g. T-shirts
 - h. If you like dressing for evening dinners, then feel free to take a few light dresses
 - i. Yoga clothes
 - j. Avoid too much of synthetic clothing
3. Binoculars for the safari
4. Walking shoes
5. Flip-flop/sandals of some kind when you don't want to be in shoes
6. Sun screen
7. Sun hat
8. Glasses
 - a. Sun glasses
 - b. Reading glasses
 - c. Contact lens
9. Hand sanitizer
10. Toilet paper – 1 roll should be enough – remember hotel rooms will have toilet paper.
Camping toilet rolls from amazon.com –
 - a. <https://www.amazon.com/Coghlan's-Packable-Toilet-Tissue-2-Rolls/dp/B003CKDPRA>
11. Camera + selfie stick
12. Passport
13. Copy of your passport – please leave one with your family at home
14. Convertor

To Avoid

1. Avoid carrying anything expensive
2. Too many clothes and footwear
3. Avoid black color in India – too hot plus you want to be part of the color in India
4. Too many books
5. Too much makeup and jewelry

Shopping – all the things you will be able to shop for

All heavy items can be shipped to the USA

1. Indian clothes
2. Carpets
3. Marble items
4. Jewelry
5. Small items for the house

6. Gifts for family and friends
7. Saris