

india communitychallenge

kit list



The items listed below are purely recommendations but please pay careful attention to the 'essential' items. See what has been recommended for your **communitychallenge** and tick the items that you possess already. See what you can borrow, and if you need to purchase any items, remember that you can get a 15% discount on equipment from Nomad Travel Stores. Call 020 8889 7014, or visit www.nomadtravel.co.uk and input the code CC1002 at the checkout.

Try to use your equipment before you go – particularly your work boots - this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in steel toe capped boots should be worn.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don't need it, don't bring it. Bring clothes that wash and dry easily (jeans take forever to dry). **Bring clothing to wear on the site that you don't mind getting ruined or leaving behind, as they could get marked with cement, paint etc.**

Your main bag should not weigh more than 18kgs. Your hand luggage should not exceed 5kg and maximum dimensions of 56x35x25cms. Please make sure you pack all your bags yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else. If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don't pack things you will need again before or during the flight – such as medicine - and make sure you have an adequate supply. Keep cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as toothbrush to freshen up on the long journey. Don't pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them. When packing, we recommend that you take as much as possible of your *building clothing* in your hand luggage. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the building while we relocate any missing baggage.

item	take it?
baggage	
Suitcase, holdall or rucksack	Yes
Day rucksack (for sun cream, camera, spare battery and memory card, bottles of water, snacks)	Yes
clothing	
Building boots (sturdy boots with STEEL TOE CAPS)	Yes
Hardhat (Please see footnote at end of kit list)	Yes
Building gloves x 3 pairs (Please see footnote at end of kit list)	Yes
Eye goggles (Please see footnote at end of kit list)	Yes
Dust mask (Please see footnote at end of kit list)	Yes
Long-sleeved t-shirts/shirts for evenings	Yes
T-shirts (for building as well as leisure –allow 1 per day for building) T-shirts should cover your shoulders and be long enough that when you bend over, your back isn't exposed.	Yes
Sweatshirt or fleece (it can get cold on the air-conditioned flight)	Optional
Trousers (such as lightweight cargo trousers, avoid jeans)	Yes
Shorts (must be knee length. For building as well as leisure.)	Yes
Swimwear and swimming hat. To be respectful of Indian clientele, women wearing bikinis are asked to cover up with a t-shirt.)	Yes
Underwear and socks (light and loose)	Yes
Wide brimmed hat (to shade your face as you will be in the sun most of the day)	Yes
Lightweight waterproof jacket	Yes
Sandals/flip flops (for leisure time)	Yes
Bandana (good for keeping sun off your neck)	Optional
hygiene	
Toothbrush and toothpaste, shampoo/conditioner (bio-degradable), antiseptic wipes/antibacterial hand gel (to clean hands on site)	Yes
Razor and cream, sanitary products, shower gel, deodorant, nailbrush, tweezers (not in hand luggage)	Optional

health	
Insect repellent (containing 50% DEET)	Yes
Sun protection (factor 30 minimum) for face, lips and body and After Sun	Yes
Energy bars/sweets	Optional
Vitamins	Optional
documents (where relevant, please leave a copy at home with your next of kin)	
Passport (and a photocopy kept apart from original)	Yes
Air travel tickets (these are e-tickets and will be given out at the airport)	Yes
Credit card (the most convenient way to withdraw money)	Yes
Cash (please note it is not possible to obtain Indian Rupees prior to arrival in India)	Yes
Travellers cheques and numbers (and a photocopy kept apart from original)	Optional
Travel insurance (and a photocopy kept apart from original)	Yes
Vaccination certificates	Optional
other	
Sunglasses	Yes
Camera, memory stick, batteries/charger	Optional
Plug adaptor (only if bringing digital camera/phone charger/ hair drier etc)	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Money belt	Optional
Gaffa tape (emergency repairs for just about anything from boots to tools)	Optional
Alarm clock/Watch	Optional
Torch	Optional
Ear plugs (for room-mates who snore!)	Optional
small first aid kit	
Pain killers/Paracetamol	Yes
Adhesive dressing (plasters)	Yes
Compeed blister pads	Yes
Antiseptic spray/wipes	Yes
Rehydration Drinks/Powders	Yes
Any medication you normally use (in correctly labelled packaging - pack in hand luggage)	Yes

FOOTNOTE

2 pairs of leather gloves	Provided
1 high quality, ISI safety standard hard hat	Provided
Face masks	Provided
Goggles	Provided