

# Foreign Internship Packing List

Things written in **Serif font** are recommended. Things written in **sans-serif font** are optional. Quantities are merely suggestive. The list is aimed at being extensive. Almost everything you'd need is available in most major cities around the world, so customize this based on your specific money, weight and volume constraints.

## Clothes

- Jeans / Trousers (4+)
- Shirts / T-shirts (8+)
- Shorts / Pajamas / Whatever (2+)
- Undergarments (At least a week's worth preferable)
- Towels (2), Napkins / Handtowels (if needed)
- Formal Clothing (1 pair, if not included above)
- Handkerchiefs, Socks
- Shoes / chappal / floaters etc.
- Accessories: Belt, Jewelry, Watches
- Drawstring / Naada for salwaars / pajaamas (also useful for packing / as a makeshift clothesline)
- Warm Jacket(s) (Waterproof, depending on weather)
- Woolens—Thermal inners, Sweaters, Gloves, Cap, Mufflers (if cold)
- Traditional wear
- Formal shoes

## Food

Assuming you will be cooking, and that you are not being provided any cookware / utensils etc. Also assuming you care. List focused on Indian cuisine

- Pressure cooker (2l or 3l capacity), Spare gaskets/valves—I found it worth the weight. You may skip this. But it's pretty useful and multi-purpose
- Fry pan, flat tawa (Carry flat bottomed ones)
- Knives, potato peeler
- Basic utensils: Bowls, Plates, Spoons (as per weight, need, desire)
- A few plastic boxes, a few Tupperware-like boxes
- Rice is easy to find; daal is difficult in small cities with a small Indian population, so you can carry some
- If you plan to make chapaatis—Belan, **chakla** (can use counter), aata-mixer (not really needed as such), flour.
- Instant cooking food—Upama mix etc. (I don't find fully-cooked meals worth the weight).
- Small quantities of standard spices—red chilly powder, turmeric powder (haldi-mirch) etc., if you plan to make Indian food.
- Pickles
- Some salt, pepper, sugar, cooking oil (just to help you bootstrap)

If you're enthu about cooking Indian food and want to carry other things (otherwise skip this part), you can consider packing:

- Sambhar powder, Chhole masala, Rajma masala, Pavbhaji masala etc., Ginger-garlic paste
- Spices++: Cumin powder, coriander powder, cloves, cardamom, cinnamon, mustard, cumin, heeng (asafoetida)

## Electronics

- Appropriate pin-type converter
- Laptop, Laptop charger
- Cellphone (check GSM frequency), charger
- Hard drive with essential software
- Pen drive (helpful to have one)
- Small LAN cable (sometimes helpful)
- Headphones+Mic (or similar, helpful for Skyping etc.)
- Camera, charger, all supporting software and cables
- Extension board

## Personal Care

- Toothbrush, toothpaste
- Soap, Shampoo, Conditioner
- Comb, hair oil, deodorant, sunscreen, face-wash etc. (as needed)
- Personal hygiene stuff, as relevant (Shaving kit, nail-cutter, sanitary napkins)

## Miscellaneous

- Small backpack
- Insurance Documents (Don't forget to get travel and health insurance!)
- Cash, cards (ID, ISIC, Credit etc.)
- Medicines (for minor ailments like fever, cold, cough, allergy etc.), Specific personal medication
- Spare pairs of glasses or contact lenses.
- Umbrella, needle, sewing thread, safety pins, rubber bands (very light but super useful in case of emergencies)
- A few photocopies of your passport and Visa
- Address-book/printouts of important contacts (don't rely on your/cell-phone's memory)
- Stationery (pens, cello-tape etc. as applicable)
- Visa photos, Passport photos—plenty
- Address labels for bags
- Small gifts
- Photos of deities (if religious-minded :P), Family / friend photos