

# Pureland Travels

## Packing List



**Please don't overpack, TRY to live simply and in an eco friendly way.**

We will be asking ourselves throughout the trip:

*How much space to I take up?*

*How does **my** use of resources impact others?*

### **HIGHLY RECOMMENDED ITEMS:**

- 1 40L back pack. Please only pack what you can carry
- 2 compression sacks- please pack all clothes and sleeping bag in these to save space
- 1 Sleeping Bag for -for 10 degrees F
- 1 Yoga Mat- doubles as sleeping pad
- 1 small 3 oz bottle of Dr. Bronner's SOAP for shampoo & body wash & eco-toothpaste(*we may be washing in rivers-Only bring eco-friendly supplies!*)
- Biodegradable fem hygiene products: "the keeper" is the best, Glad rags will be very difficult to wash! We can buy toilet paper and wipes in China.
- 1 Small Hand sanitizer (can be made with aloe, neem and tea tree)
- 1 Pocket Knife\*\*only if checking your bag (also great for gifts)
- 1 Flashlight/ Headlamp (the batteryless kind are best)
- 1 large Water Bottle (will need to hold boiling water, best if it can hook to your pack)
- 1 small bottle of Sunscreen (the sun is extremely strong!)
- 1 Rain Jacket
- 1 Warm Sweater or sweatshirt (wool is great)
- 1 winter Jacket (packable)
- 1 pair Hiking Shoes or sneakers, whatever you prefer to hike in
- 1 pair Slide on Flip flops for use in showers & inside houses and for the hot days!
- 1-2 pair Long Underwear- top and bottom, thermals
- 2 pair Long Pants (good for activity)
- 1 Long Skirt (for outdoor bathroom ;))
- 2 Short Sleeve Shirts (no sleeveless!)
- 1 Long Sleeve Shirt
- 7 pairs Good Socks
- 7 pairs of underwear
- 1 pair Sunglasses (can buy there)
- 1 Hat with a brim (can buy there)
- 1 shawl - can be made into a blanket, pillow or wrap

### **OPTIONAL ITEMS**

- Comfort snacks like fruit leather incase you can't eat another bowl of tsampa!
- Vitamins & Herbal Supplements that may support you and your immune system
- Doctor recommended vaccines include: hepatitis A and B, Measles, Mumps, Rubella, Rabies (you'll still need a shot if you are bitten by an animal regardless of having the vaccine), tetanus, typhoid
- Medicine to pack or buy in China if you are into biomedicines: ciproflaxin (cipro)500mg 2x daily for diarrhea. Rifaximin (xifaxan) 200mg 2x/day Anti-Diarrhea like Imodium may make you feel better for a second, just like pain relievers like ibuprofen.

### **WHAT WE HAVE TO SHARE**

- Medicine: Traditional natural medicines & Ciproflaxin, Imodium, Ibuprofen & Oxygen
- Toiletries: sunscreen, dr. bronners, hand sanitizer, toilet paper if you don't want to pack that!
- Yoga mats- in Gargon
- Masks- if the pollution in the city is bad

More on Medicines:

We are going to be around 4,200 meters and many people who visit have felt short of breath, headaches, nausea, diarrhea, etc. It can feel pretty nasty. There is a Tibetan root that can help... or diamox (acetazolamide). Acclimatization is important, and I hope that everyone will be ok with the way we will move, if not, we will keep a jeep in case anyone needs to go down in altitude. I have friends/"family" in each Nangchen, Yushu and Xining, so you will have people to care for you. Just in case of medical emergency please do have some extra money (\$200) to cover any emergency medical expenses!

On Currency:

Cash!!! Only one bank will accept foreign credit cards and its difficult!!! So please bring the bills!!! We can do currency exchange at the airport! ALL OF YOUR NECESSITIES WILL BE COVERED. For optional gifts and day trips a suggested pocket money amount is \$250.

On Tech:

There will be a little bit of solar power and a generator, but don't bring anything that needs much electricity. If you have a digital camera bring another battery! Don't expect to use a computer, unless you want to hear the nasty gas generator running all the time!

ALSO, there is now very limited cell phone coverage in Gar Village, but limited electricity and little running water, be prepared to disconnect!

GOOD GIFTS: *(you will meet many beautiful people you may want to offer something to.)*

- Pocket Knives
- Batteryless
- Flashlight
- Simple Puzzles
- Simple English Books
- Maps/ Globes
- Laptops
- Small Musical Instruments
- Anything simple that is not made of plastic (the computer is the exception...they are a special request from the principal!)