Things to Bring

Clothing

We suggest you to bring along a sweater, a muffler, a monkey cap and a jacket that you use in India with you. It is advisable to buy your winter jackets and gloves here as Indian winter clothing is inadequate during winter when the temperature generally remains below 0C. Do bring typically Indian clothing (sari, kurtha-pyjama, salwar kameez etc.), as you will have ample opportunity to use them here. Bring some formal clothing with you (one set) in case you need to attend any interviews here (preferably Black/Navy blue suits). Do not buy clothes for this purpose; bring them if you have them.

Utensils

Most of us cook our own food. Non-vegetarian or otherwise, food costs are between $100-125 a month. It is a common misconception that spices and pickles are thrown out at the port of entry.

You may bring them in, provided they are vacuum-sealed, canned or tightly sealed in plastic bags. So do bring spices, powders and pickles. Also, try to bring utensils like a pressure cooker, non-stick frying pans, etc. As you may be sharing the apartment with a few others, you will require large vessels.

There are two Oriental stores in Ames where one can get almost any kind of Indian food (rice, dals, pickles, sambar podi, etc.). For the movie buffs, they stock a collection of Hindi, Tamil and Telugu videocassettes. Pressure cooker is a must if you plan to cook Indian food. Bring extra valves and gaskets, as they are not available here. Also bring vessels large enough to cook for 2-4 people

Medications

Bring medication for common ailments with you so as to avoid using medical services here, as they tend to get expensive. It is again advisable to have a thorough medical & dental checkup in India. Eye care is very expensive here and we stress on the point that if you use glasses, please bring at least one extra pair. It is advisable to have a complete eye exam before you get here.
Books / Magazines / CD’s

Books are generally priced on the higher side; so if you can find some of your textbooks in India, bring them. In case you need to know what books to bring, talk to one of the students who have come down to India for the winter break. Bring them for your perusal and for general reading. Indian magazines are very expensive here.