



2012-2013 MPA PACKING AND SCHOOL STORE LIST

Parents, please note that items in italics are optional and most can be easily purchased in Amritsar. The items available in the school store are listed as well. It is now possible to purchase almost all items on the list in India, but your child must have the basics with them to start off the year.

Shoes

- 1 or 2 pairs Running shoes
- 2 pairs of fully black sports shoes with black soles (no stripes or markings)
- 2 pair shower shoes / flip flops
- *Specific sports shoes (i.e. cleats for soccer, basketball shoes)*

Note: The second pair of shoes in each category should be 1/2 to 1 size larger than the student's current size to compensate for growth during the school year. Please use your best judgment.

Undergarments / Nightwear

- 25-30 sets underwear
- 12 - 15 bras for girls (At least 5 or more white or skin tone bras for use under white uniforms.)
- 4-8 sports bras for girls
- 1 modest one-piece bathing suit, or swim trunks for boys
- 1 pair of knee-length swim shorts for girls (mandatory)
- 25 pairs white socks
- 3 pairs of pajamas or nightclothes (For boys, boxers are acceptable. Warm pajamas are needed for winter.)
- *5 - 10 white cotton undershirts (V-neck only)*
- *Long underwear*
- *Bathrobe*

Winter Clothing

- 2 navy blue jackets (no logos, markings, or obvious brand names allowed.)
- 1 navy blue or white scarf
- *1 pair navy blue gloves*
- *1 rain coat or poncho*

Bedding / Linens

- 1 quality sleeping bag for approximately zero degrees Celsius. (Please note that flannel indoor sleeping bags are not sufficient for winters in Amritsar.)

- Bath towels and wash cloths
- 2 quilt covers
- *Fitted sheets and pillowcases* (We provide cotton sheets, pillow cases, and quilts. However, some children prefer their own for comfort, and fitted sheets are not available here. It is strongly recommended that the children bring a fitted single – sized bed sheet or sheet set)

Toiletries

- 2 combs or brushes
- 1 bottle sunscreen (20 SPF or higher)
- Feminine products for girls. (We suggest 7 packs pads, 1-2 packs overnight pads, and 1 pack panty liners.)
- 50 hair ties for both boys and girls
- 1 nail - kit (finger / toe nail clippers, files, nailbrush etc.)
- 1 water proof toiletry bag
- 1-2 chap sticks with SPF
- 2-4 sticks deodorant
- 12 or more small packs of tissues
- 2 bottles lotion/moisturizer
- bug spray
- *aloe vera gel for sunburns*
- *toothbrushes*
- *toothpaste*
- *dental floss*
- *50 hair pins for the girls*
- *shampoo and conditioner (brands like Clairol, Garnier and Pantene are available here)*
- *face wash and face cream*
- *soap / shower gel*
- *almond oil*

Self Care

- 2 water bottles (sturdy plastic or metal)
- A plastic ziplock back containing the following items for storage with the nurse in the medical office:
 - Emer Gen' C or powdered electrolytes (highly recommended for the hot months of the year, approximately 120 – 240 individual use packets.)
 - Non-refrigerated acidophilus for use after any necessary antibiotic treatments.
 - multi vitamins – enough for one every day or every other day
 - vitamin C
 - iron pills for the girls
 - protein powder – particularly useful if your child is not a big fan of Indian food
 - any additional medicines or vitamins needed

Miscellaneous Items

- 1 regular back pack and 1 large backpack for hiking and other extended travel
- 2 alarm clocks, battery operated
- 1 flash light (recommended that they use AA batteries)
- 1 watch
- 2 light colored markers for labeling dark clothes with enrollment numbers
- 4-6 laundry / permanent markers (for re-labeling clothes after multiple washings)
- 2-3 “Master” brand or other high quality combination locks
- *AA batteries*
- *camera and film*
- *special laundry stain remover*
- *accessories for glasses*
- *Pop-up laundry bag*
- *contact-paper / sticky paper for shelves and cupboards etc.*

Food / Consumables (All optional)

- *trail mix*
- *favorite healthy snacks (crackers, dried fruit etc.)*
- *health bars*
- *condiments / table food*
- *herbal tea*

Please be aware that items on our Contraband List, including excessive quantities of unhealthy food, and any personal belongings used in a way contrary to school policy may be confiscated at any time.

Items Available in the School Store

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|---------------------------|-------------------------|
| • Shampoo and Conditioner | • Hangers |
| • Hair Oil | • Detergent |
| • Hair De-tangler | • Socks |
| • Body Wash | • Black Shoes |
| • Body Moisturizer | • Nail Clippers |
| • Face Cream | • Shoelaces |
| • Lip Moisturizer | • Leg Warmers |
| • Hand Lotion | • Gloves |
| • Toilet Paper | • Scarves |
| • Sanitary Napkins | • Shawls (Blue & White) |
| • Laundry Baskets | • Extension Cords |