

Kerala Packing List

For backwaters, monsoon humidity & temple dress codes — built to pair with Indroam's Kerala itinerary templates.

CLOTHING

- Lightweight, breathable cotton or linen — humidity doesn't let up even in cooler months
- Quick-dry fabrics for backwater houseboat stays & humid evenings
- Old or dark-colored clothing for Ayurvedic oil treatments — oils stain light fabrics permanently
- Mundu/dhoti (men) or sari/mundum neriyathum (women) for major temples — often rentable at the entrance, but bring a light shawl as backup
- Lightweight rain jacket or poncho if visiting June–August (monsoon)
- Modest swimwear for beach towns & resort pools
- One smart-casual outfit for resort or houseboat dinners

FOOTWEAR & ACCESSORIES

- Easy slip-on sandals — footwear comes off at every temple entrance
- Closed, sturdy walking shoes for Periyar treks & Munnar tea-plantation trails
- UV-protection sunglasses
- Reusable water bottle
- Small dry bag for phone/electronics — humidity, monsoon rain, houseboat splashes

HEALTH & COMFORT

- DEET-based mosquito repellent — backwater & houseboat stays bring mosquitoes year-round
- Antihistamine cream for bites
- Sunscreen SPF 50+ — humidity doesn't reduce UV exposure
- Hand sanitizer & wet wipes
- Personal medication & motion-sickness tablets for backwater boat transfers

DOCUMENTS & TECH

- Passport/visa copy, houseboat booking confirmation & hotel confirmations
- Portable charger / power bank
- Universal plug adapter (India: Type C/D/M)
- Small cash reserve (₹) — spice-market stalls & smaller homestays are often cash-preferred

Best packed for: Oct–March (pleasant, drier, ~18–30°C — easiest season for backwaters & Ayurveda). Visiting June–August instead? Add rain gear and expect high humidity throughout.