

Meghalaya & Northeast India Packing List

Everything to pack for Meghalaya's rainforest humidity, living root bridges, and the slower pace of remote Northeast India travel — built to pair with Indroam's Northeast itinerary templates.

WHY NORTHEAST INDIA PACKING IS DIFFERENT

Meghalaya is among the wettest places on Earth — Cherrapunji and Mawsynram regularly rank among the highest-rainfall locations anywhere — so monsoon-grade rain gear matters here even outside the main monsoon months. The terrain mixes steep, often slippery limestone and forest trails (living root bridges, waterfalls, caves) with a noticeably cooler, fresher climate than much of lowland India thanks to the elevation of the Khasi and Jaintia Hills. Travel infrastructure across the wider Northeast is also more remote, with patchier connectivity and fewer pharmacies between towns, so this list leans practical over polished.

CLOTHING

- A genuinely waterproof rain jacket — light showers are common even outside peak monsoon
- Quick-dry clothing that won't stay damp during humid, rainy days
- A warm layer or light fleece for cooler hill evenings, especially around Shillong and Cherrapunji
- Clothing you don't mind getting muddy — root-bridge and waterfall trails are often wet and slippery
- Swimwear if planning to swim at natural pools or waterfalls
- A change of dry clothes kept in a waterproof bag for after trekking

FOOTWEAR & ACCESSORIES

- Grippy, quick-drying trekking sandals or shoes for root-bridge and waterfall trails
- A separate pair of dry shoes for travel days and town visits
- A dry bag or waterproof phone pouch — essential given the rainfall
- A compact umbrella as backup to a rain jacket
- Headlamp or flashlight for cave visits
- Reusable water bottle

HEALTH, DOCUMENTS & TECH

- Personal medication and a basic first-aid kit — pharmacy access thins out quickly outside main towns
- Mosquito repellent for forest and lowland areas
- Hand sanitizer and wet wipes
- ID copies and any required Inner Line Permits if traveling into Arunachal Pradesh, Nagaland, or other permit-controlled states
- Offline maps downloaded in advance — mobile connectivity is patchy in rural and forested areas

Portable charger and a universal plug adapter (India: Type C/D/M)

Some Northeast states require Inner Line Permits or Protected Area Permits for visitors — requirements vary by state and traveler nationality, so confirm current rules before you go.