

## **SHOPPING TIME BUDDY!!**

**There are so many things one needs to carry, as this is the first time you are going abroad. If you have a friend who is going to the same university, for the same semester, it is better to share few things. This saves space as well as money. In this section, we have listed the most common things that your seniors have carried and suggest you to do. We not only tell you what to carry?, but also how much to carry vis-à-vis the quantity of each item. Many commodities like clothes, foot ware, leather items, and other miscellaneous things are expensive in US. Therefore it is a must that you go through the entire section and make a note of these things in the form of printout before you begin shopping to ensure that you don't miss something. Get started with clothes....**

### **Clothes:**

- Jeans: 4 to 6 pairs
- Shorts: 6-8. Get those ones, which are, long and go a 2-3 inches beyond knees.
- T-shirts: 6-8
- Cotton shirts: 4-5(no multicolored patterns, they are not in vogue in US). Cotton clothes are good in warmer places.
- Night clothes: 2-3 pairs
- Formal suit & Ties - 1-2 pairs. You rarely need them...once in a year or so on occasions like Convocation ceremony and interviews.
- Undergarments...a lot of them...10-15 pairs we stress upon this because you may go to the laundry once in two weeks!!
- Socks...4-5 pairs you can bring even more because you would be wearing shoes most of the time. Do not take nylon socks. Cotton ones are better.
- Sweaters. a couple - full sleeved advisable
- Get a muffler and monkey cap and woolen gloves and windcheater.
- Leather jacket...1 they are rather poor protection in the north. But you may consider getting one woolen Jacket.
- Handkerchiefs-1 dozen
- 2-3 belts one formal leather belt and others as you please. But you might want to know that one rarely tucks in the casual dresses.
- Kurta-payjamas-These would be good during Cultural meets etc. If you have fancy for one, don't forget extra naadi then.
- 2 Turkish towels and two napkins.
- 2 thin single bed sheets.
- One air pillow

## **Summarizing your clothes list:**

1. Sunglasses 2 no.
2. Cap 2 no.
3. Umbrella 1 no.
4. Wind sheeter 1 no.
5. Under garments 18 no.
6. Shirts 4 formal + 4 half sleeves
7. T-shirts 12 no.
8. Bermudas 6 no.
9. Trousers 4 no. (formal)
10. Jeans 6 no.
11. Handkerchief 18 no.
12. Socks 15 no.
13. Belts 3 no.(one for jeans and 2 formal)
14. Sweater 2 full + 2 half sleeve
15. Leather jacket 1 no.
16. Wallet with more pockets for credit cards 1 no.
17. Thermal wears 2 no.
18. Ties 2 no.
19. Blazer / Suit - Blazer + matching trouser
20. Kurta Pyjama 1 white
21. Chudidar 1 no.
22. Chudidar jacket 1 no.
23. Night dress 2 no.
24. Gloves 2 pair

## **FOOTWARE:**

### **Shoes:**

- SPORTS SHOES: 2 pairs Sports shoes are real cheap in US. Moreover in sales of Christmas etc. So do not spend too much money for these. Get some moderately priced and good ones so that you need not buy them immediately after coming to US.
- LEATHER SHOES: Get good and strong leather shoes, shoes that have good grip are preferred. This is for snowy regions. It's difficult to walk on snow with shoes of flat sole. Firm grip helps to keep fit, prevents breaking head, bones.

### **Chappals:**

- You can buy leather footwear...But we advise Sandals. Get two pairs of them.
- Slippers -two pairs, you don't get the India type slippers in US.
- Kolhapuris, they serve good purpose in the summer.

## **PERSONAL ACCESSORIES:**

- Hangers for clothes,
- Wallet - one that has space for cards - you normally don't carry much cash with you.
- Shaving kit & Blades (get a good stock, they are costly In US). Brush & toothpaste (these are also expensive in US).
- Soap (get a couple of bars of bathing soap till you go for the first groceries in US).
- Combs & hair oil (if you use hair-oil get a years supply of your favorites).
- Small mirror (just in case even if you are not a narcicist!).
- Nail cutter.
- Small scissors, Safety pin bunch. Mini-sewing kit with some buttons.

## **Summarizing your Personal accessories list:**

1. Soap 6 no.
2. Shampoo 3 bottles
3. Towels 2 no.
4. Napkin 6 no.
5. Body spray 3 no.
6. Perfume 2 no.
7. After shave 1 no.
8. Tooth paste 6 no.
9. Tooth brush 6 no.
10. Shaving tube 2 no.
11. Mach 3 razor 2 no.
12. Blades 20 no. (mach3)
13. Blanket 1 no.
14. Duster 4 no. (for cleaning)
15. Scrub 2 no.
16. Sponge 2 no.
17. Bedsheets 2 thick + 2 thin
18. Pillow 1 no.
19. Comb 2 no.
20. Nail cutter 2 no.
21. Rubber band 1 packet
22. Scissors 1 pair
23. Calculator 1 no.
24. Pass port and stamp size snaps 36 each,
25. Photos of your family
26. CDs of songs

27. Medicines + first aid kit
28. Digital diary
29. Books
30. Back pack
31. Key Chains
32. Torch Alarm clock.
33. Camera & Camera roll 6 nos
34. Mirror
35. Soap box
36. Music: Get all the cassettes recorded which you might like to take with you. Though you get most of them in US, why spend money for luxurious things. If you are leaving your beloved, don't forget to take those kishore Kumar blues.

### **Utensils:**

**Depends on whether you guys plan to cook alone or with your housemates, since most people don't get time to cook daily, stuff is generally prepared for two days at a go - so keep this in mind when you buy vessels, etc.**

### **Typical stuff you may want is:**

- 2-3 plates,
- Glasses
- Cups and bowls
- Forks (2 each)
- Serving spoons
- Couple of cooking vessels
- Pressure cooker - 3 liters
- Cooker containers and spares (rings and valves)
- Non-stick frying pan with turner
- Tongs and knives
- Cutting board for vegetables
- 2-3 patella's that fit into each other and that preferably have handles
- 1 pressure pan (Prestige), ask your prospective roommate to get one too
- Utensils holder
- Plates (2-3 steel plates, beaker size and 2-3 plastic plates of both beaker and normal size)
- 2-3 plastic bowls (katories)
- 6 spoons and a couple of steel glasses
- Serrated knife.

### **Summarizing your Utensils list:**

1. Cooker 1 no. + spares
2. Cookers Containers 2 no.(with their lids)
3. Kadai 1 no.
4. Non stick tawa 1 no.
5. Spoons 6 no.
6. Grip 1 no.
7. Chapati fork/tong 1 no.
8. Laddle for poori 1 no.
9. Spatula types used while making roti) 1 no.
10. Knife 2 no.
11. Peeler 1 no.
12. Serving spoons (for dal, curry and rice) 3 no.
13. Knife& Fork 6 no.
14. Sauce pan 2 no.
15. Steel containers to heat food 2 no. (with lid)
16. Rolling Pin/ Belan (to make rotis) 1 no.
17. Plate 1 no.
18. Katori 3 no.
19. Glass 2 no.
20. Cutting board 1 no.
21. Eating knives 2 no.
22. Coffee spoon for salt etc 3 no.
23. Small size plastic spoons for masala 1 no

## **Food Items:**

### **Some of the common food items that students carry are:**

- Spices, Tealeaves, Masalas, Haldi, Dhania, red chilly, Instant masalas, etc.
- Mustard packet.
- Tamarind paste
- Different dals in small quantity for initial use.
- Asafoetida powder.
- Indian instant coffee + Indian tea (it takes time to get used to the American stuff)
- Elaichi, clove, cinnamon
- Masalas and tea/coffee powder, if you are a regular drinker (until somebody shifts to beer.)
- Get a couple of bags each of haldi, red chilly powder, Garam masala, Dhania, Pickle bottles (if you have enthu, but preferably get sealed ones), rice, Moong Dal. Bring approx. 1-month supply of masalas.

**Most Indian foodstuffs are available even in small cities. Don't come loaded with foodstuffs as you may have problem with customs. Try to get "instant" stuff, as people don't have much time for cooking in the US.**

### **Summarizing your Masala list:**

1. Dhania& jirra     ½ kg
2. Chilli powder     ¼ kg
3. Haldi     ¼ kg
4. Full jira     200 gm
5. Mustard Seed     200 gm
6. Garam Masala home made     200 gm
7. Pav bhaji masala     2 packets
8. Salt     500 gm
9. Sugar     ½ kg.
10. Hing powder     one bottle

Papad

**Stationary list and books:**

1. White sheets 50 no.
2. Pencils 12 no.
3. Erasers 4 no.
4. Blade 2 no.
5. Stapler 1 no.
6. Stapler pins 1 packet
7. Pens 12 blue + 12 black (ball pens)
8. Scribbling Pad 2 no.
9. Glue stick 1 no.
10. Pencil Box 2 no.
11. Ruler - 12" 1 no.
12. Stick on pad 2 no.
13. Cello tape 1 no.
14. Ink pen 1 no.
15. Needle 1 packet
16. Thread Black 1, White 1 reel , Blue 1 reel
17. Safety pins 1 dozen

**Books:**

Most books used in US are vague. Heard one professor-using book in electronics by an Indian author to teach his students! Ha ha ha. These books are easy to follow.

- Contact students at your Univ.
- A good dictionary
- Your calculator
- Your entire fundamental course texts and notes (for reference of basics).
- Standard mathematical table and formulae handbook. Might also want to buy an alarm clock.
- Good story books if you have a penchant for reading, though you may not find time during the first semester.