

# 01 The 8 States at a Glance

When to go · how long · permits

A quick-reference preview from the full kit — when to go, how long to stay, and what permits each state needs (for Indian / foreign travellers).

State	Best time	Days	Permit (Indian / Foreigner)
Meghalaya	Oct–Apr	5–6	None / None
Assam	Nov–Apr	4–5	None / None
Sikkim	Mar–May, Oct–Dec	5–6	RAP some areas / RAP
Arunachal Pradesh	Oct–Apr	7–8	ILP / PAP
Nagaland	Oct–Apr (Hornbill: Dec)	4–5	ILP / PAP*
Manipur	Oct–Apr	4–5	ILP / PAP*
Mizoram	Oct–Apr	4–5	ILP / PAP*
Tripura	Oct–Mar	3–4	None / None

\*Dec 2024: foreigners now need a Protected Area Permit (applied in advance via e-FRRO) for Nagaland, Manipur & Mizoram. Full details in the complete kit.

**This is a free 1-page sample.** The full **Northeast India Trip Planning Kit 2026** includes 3 ready-made itineraries, real 2026 budgets, the full ILP/PAP permit checklist, packing & booking lists, and fillable Trip Planner + Budget worksheets — 13 pages, instant PDF.

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