



MOUNT MADONNA

YOGA DIWALI INDIA 2025

WHAT TO BRING

About packing... Please ensure that you have everything you need for a day or two in your carry-on. Do not place important medication in your checked-in luggage. Verify with your airlines the luggage allowances and restrictions, particularly for carry-on items.

Documents – All original documents should be kept separately from copies and should not be placed in check-on luggage. These include:

1. Passport Copies
2. Visa Copies
3. Health Insurance both regular and travel
4. Copies of all prescriptions
5. Contact information in India
6. Family me

Purse

We recommend using a Cross-Body purse. This is a purse that slings over your shoulder and across your body leaving both hands free. Look for a purse that has hidden pockets to keep money, credit cards and passport. Many companies make excellent Cross-Body purses.

Prescriptions

1. Critical Medications
2. Glasses
3. Contacts

Over-the-Counter First Aid and Preventatives: There are a number of simple over-the-counter medicines available at the Ashram. These include:

1. Electrolytes
2. First Aid supplies
3. Pepto Bismol

4. Benadryl
5. Any medications of preventatives you respond well to.

Supplies to Prevent Injury, Illness and a few extra items

1. Water purification. We have water filters at Sri Ram Ashram. If you wish to have extra protection there are many portable water filters that are easy to bring.
2. Hand sanitizer
3. Insect repellent (We do have mosquitoes at Sri Ram Ashram however they are not malaria carrying mosquitoes)
4. Hat
5. Sunglasses
6. Sun screen
7. Ear plugs
8. Travel Kleenex
9. Laundry Detergent (for hand washing)

Snacks

1. Oatmeal (a stove will be available to heat up water)
2. Protein bars
3. Dried fruit
4. Nuts
5. Comfort food

Linen – The Ashram will provide sheets, blankets and towels

Gadgets

1. Plug transformers (google to see what is used in India)
2. Phone, iPad with chargers
3. Camera and charger
4. Flashlight or headlamp (important for when electricity goes off)

Clothing

Laundry service (called a “*Dhobi*” in India) will be available two or three times during your stay. This service entails sending your clothes to the village where they are washed and returned a few days later. The speed of this service depends on the weather, quantity of clothes we give, and the reliance of the Dhobi – which we can’t always control. In India we call it “for sure but not confirmed.” There are also clotheslines on the roof for those who prefer to wash their own clothes.

You will have an opportunity to purchase clothes in a local market early in our journey. Ashram staff and adult children will help guide you through the experience.

Recommended clothing includes:

1. Light jacket or sweater
2. Loose modest clothing in good condition
3. Yoga clothes
4. Good walking shoes
5. Slip-on shoes
6. One semi-formal outfit (shirt with a collar, nice tunic, etc)
7. One older set of clothes for mud play (spoiler alert! ;-)