



## YOGA DIWALI INDIA WHAT TO BRING

### **A Note on Packing:**

Make sure your carry-on contains everything you'd need for a day or two in case checked luggage is delayed. Never place important medications in checked bags. Verify luggage allowances and carry-on restrictions with your airline before you go.

### **Documents:**

Keep all originals separate from copies, and never pack either in checked luggage. Examples include:

- Passport
- Visa
- Health insurance cards (regular and travel)
- Copies of all prescriptions
- Contact information in India
- Family emergency contacts

### **Your Purse:**

We recommend a cross-body purse/bag that slings over your shoulder and across your body, leaving both hands free. Look for one with hidden pockets for money, credit cards, and your passport — many companies make excellent options for travel.

### **Over-the-Counter First Aid & Preventatives:**

A number of basic medicines are available at the ashram, including:

- Electrolytes,
- First aid supplies
- Pepto-Bismol
- Benadryl

That said, bring any medications or preventatives you know work well for you.

**Prescriptions:**

- Critical medications
- Glasses and/or contacts (with sufficient backups)

**Supplies for Health, Safety, & Comfort:**

- Hand sanitizer
- Insect repellent (there are mosquitoes at Sri Ram Ashram, though they are not malaria-carrying)
- Hat and sunglasses
- Sunscreen
- Earplugs
- Travel tissues
- Laundry detergent (for hand washing your clothes)
- Portable water filter (optional — the ashram has water filters, but an extra layer of protection never hurts)

**Snacks:**

- Oatmeal (a stove will be available to heat water)
- Protein bars
- Dried fruit and nuts
- Any comfort food from home

**Linens:**

The ashram provides sheets, blankets, and towels — no need to pack your own.

**Gadgets:**

- Plug adapter for India (look up the correct type before you go)
- Phone, tablet, and chargers
- Camera and charger
- Flashlight or headlamp (important for when the electricity goes out)

**Clothing:**

Laundry service — called a *dhobi* in India — will be available two or three times during your stay. Your clothes are sent to the village to be washed and returned a few days later. Turnaround depends on the weather, the volume of

laundry, and the reliability of the *dhobi*, which we can't always control. As we say in India, "for sure, but not confirmed." There are also clotheslines on the roof for those who prefer to hand wash their own (bring detergent).

Recommended clothing includes:

- Light jacket or sweater
- Loose, modest clothing in good condition (tunics work great for women)
- Yoga clothes
- Good walking shoes
- Slip-on shoes
- One semi-formal outfit (collared shirt, nice tunic, etc.)
- One older set of clothes for mud play (spoiler alert!)