

## Packing List for Travel Gear

Bring these items since it will not be possible to buy them in the remote area of our Amarakantak Ashram:

| ITEM   | TAKE IT?  |
|--|---|
| <b>Baggage and Sleeping</b>  |   |
| Duffle bag/suitcase or large backpack  | Yes   |
| Small day-backpack (for sunscreen, camera, film, water bottles, etc.)  | Yes   |
| Sleeping bag; travel pillow; travel towel for bathing needs  | Highly Recommended. Evenings may be cool. There is no heating.  |
| Portable meditation cushion or small blanket   | Highly recommended  |
| Inflatable Therm-A-Rest sleeping mat   | Most of the rooms will have cots, but some will have mats on the floor, so the Therm-A-Rest mats add a little more comfort. |
| <b>Clothing</b>  |   |
| Long-sleeved shirts for temples and to protect against sun exposure  | Yes   |
| T-shirts/short sleeved shirts/   | Yes   |
| Fleece/jacket/sweater/light-weight water/windproof jacket  | Yes<br>Mornings may be cool. Days will be hot.  |
| Bring both warm and cool nightwear   | Sometimes it may be hot at night and other times cool.  |
| Trousers (avoid Jeans as these take much longer to dry when doing hand laundry)  | Yes   |
| Prayer shawl   | Yes   |
| Modest swimwear for optional dip in the river (women must wear modest cover-up, NOT a regular swimsuit. No see through clothing) | Highly recommended<br>You may enter the river in full clothing.   |
| Underwear  | Yes   |
| Socks (hiking/leisure)   | Yes   |
| Modest Dress/Skirt/Sarong (no bare shoulders; must cover legs)   | Optional  |
| Walking boots or shoes (sturdy, well worn in and comfortable) or tennis shoes  | Optional  |
| Sandals/Flip Flops   | Yes!  |
| Wide brimmed sun hat   | Optional  |
| Garden gloves. Bring a few garden tools.   | For ashram seva   |
| <b>Hygiene</b>   |   |
| Toothbrush & toothpaste, soap (anti  | Yes   |

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| bacterial & bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, anti-bacteria hand gel, deodorant, toilet paper/tissues, hairbrush/comb, razor & cream, feminine hygiene products, tampons (cannot buy in India). | As per your habits and preferences. (Please only bring biodegradable soap, shampoo, conditioner, etc.)  |
| Water purification tablets or SteriPen  | Optional: We will be drinking fresh, filtered water from the Ganga river  |
| <b>Health</b>   |   |
| Insect (mosquito) repellent   | Yes   |
| Vitamins/Supplements  | Optional: As per your habits/needs  |
| Malaria tablets (seek advice from your doctor)  | Yes   |
| After sun/cream   | Optional  |
| Sun protection (spf 20 minimum)   | Yes   |
| <b>Documents</b> (copy of passport/visa and credit cards - please leave a copy at home with your friend or family)  |   |
| Passport & photocopy of photo page + Indian visa page, packed separately from your passport   | Yes   |
| Indian Tourist Visa   | Yes   |
| Air travel tickets to and from India  | Yes   |
| Drivers license   | Optional  |
| Cash (change into Indian Rupees at Delhi/Mumbai airport)  | Yes – There are no banks at the Amarakantak Ashram to exchange currency or to exchange travelers checks. Credit cards are extremely difficult to use! |
| Travelers checks (change into Indian Rupees) at Delhi/Mumbai airport)   | Optional  |
| Credit card (use in Delhi/Mumbai, major city & keep for emergency)  | Yes (Good in major cities only)   |
| Travel Insurance Certificate  | Personal Travel Insurance is highly recommended   |
| Vaccination certificates (not needed as a condition of entry; however, very useful if medical attention is needed, (originals not necessary)  | Yes   |
| <b>Other</b>  |   |
| Camera + memory cards   | Optional  |
| Cell phones   | It is a silent meditation retreat and so cell phones cannot be switched on.   |
| Sunglasses with UVA & UVB protection  | Highly recommended  |
| High energy snacks (tracker bars, dried fruit and nuts)   | Optional  |
| Spare contact lenses and/or eyeglasses  | Yes   |

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| Penknife (pack in main luggage)   | Optional   |
| Duct tape, also known as Gaffa tape (for emergency repairs)                           | Optional   |
| Travel laundry detergent  | Optional: it can be purchased in Delhi/Mumbai  |
| Travel sewing kit   | Optional   |
| Notebook and pen(s)   | Yes  |
| Alarm clock   | Yes<br>Vibrating alarm or an alarm with a volume minimizer control is highly recommended |
| Wristwatch or other timepiece   | Highly recommended   |
| Flashlight (with spare batteries and bulb) or head lamp                               | Yes  |
| Water bottle  | Yes  |
| Ear plugs & eye mask  | Highly recommended   |
| Re-sealable plastic bags (for dirty laundry, toiletries, etc)                         | Optional   |
| Money in Indian rupees  | Yes – for tips, donations to holy places, etc.   |
| <b>Small First Aid Kit</b>  |  |
| Pain killers (e.g., aspirin, acetaminophen, etc                                       | Yes  |
| Adhesive bandages   | Optional   |
| Travel/motion sickness pills/ginger chews or wristbands for bus road over switchbacks | Yes  |
| Antiseptic spray  | Optional   |
| Diarrhea tablets  | Yes  |
| Any medication you normally use   | Yes  |

Note: India uses 220 Volts, 50 Hz alternating current as the power source. Plugs and sockets have grounded/earthed 3 Pin connections (Type D) or ungrounded 2 pin connections (Type C/Europlug). Please bring appropriate adapters and voltage converters/transformers for your electrical items.