



Packing List

Journey to India Spring 2012

S A T T V A Y O G A

Pack lightly. Most people travel with one suitcase and a small, carry-on backpack that will double as your pack for outings. You will also find plenty of shops to buy clothing and toiletries and may actually prefer to not pack much at all and simply purchase most of your necessities once you arrive in Rishikesh.

Clothing

- Pants (3 for yoga, 2 for town, 1 for travel, 1 for hiking)
- Tops (3 for yoga, 3-5 short or long sleeved shirts for other activities, 1 for travel)
- Scarf (you may wish to wait to purchase in India), for warmth and covering up
- Outer layer (sweatshirt or light jacket/fleece)
- Sleepwear
- Tennis Shoes
- Sandals
- Hat
- Sunglasses
- Bandana
- Underwear
- Socks
- Swimwear (Modest for men and women. Most will swim in their yoga clothes, but if you prefer a bathing suit, if you are a man -board shorts and women - one piece and a cover-up)

A few notes about clothing:

- The key word for clothing: modest. While sleeveless yoga tops may be appropriate in the yoga hall, they will not be appropriate out in public.
- Err on the side of packing lightly.
- Very affordable laundry service is available. Women should be prepared to wash intimate apparel in their hotel room.
- Leave tie-dye prints and ripped jeans at home.

Toiletries

- Several packages of travel-sized tissue
- Hand sanitizer

- Travel packs of facial/body wipes
- Tampons (they are not available in Rishikesh)
- Sunscreen
- Bug Repellent
- Shampoo
- Soap (consider a product that can also double as laundry soap)
- Nail clippers, tweezers, razor

A note about toiletries:

- Leave your hair dryers, curling and flat irons, etc at home. Even with adapters, they will overheat and create shocks/melting.

Medical Supplies

***These are only suggestions. Please consult your medical provider**

HOLISTIC

- Cardamom seeds (about 80 pods) for after meals
- Oregano extract (drops for each bottle of water, antibacterial)
- Grapefruit Seed extract (tablets, antibacterial)
- Triphala (capsules for constipation)
- Chinese Curing pills (in case of any major stomach concerns.
- Aquilaria 22 and Artestatin (parasite prevention. (1 90 -tablet bottle of each)

WESTERN ALTERNATIVE

- Chewable Pepto-Bismol, Tums
- Ibuprofen
- Broad spectrum antibiotic, malaria pills (optional)

A few notes about medical supplies:

- List of your allergies, special medical conditions, prescription medicines, blood type, and insurance card and number.
- Small travel-sized first-aid kit that includes band-aides and alcohol/antibacterial wipes

Other

- Snacks for plane
- Snack bars/trail mix/dried fruit for day trips
- Money belt
- \$300-\$500 in cash to exchange for rupees
- 2 photocopies of important documents (one for suitcase, one for carry one), including copy of passport, visa, and documents with important phone numbers (i.e. credit card, loved ones, health insurance)
- Journal, pens
- Travel Pillow
- Yoga mat
- Spare duffel bag for souvenirs (keep it empty and pack in your suitcase)
- Adapter
- iPod, Charger
- Camera, Charger/batteries
- Watch
- Small Flashlight

On the way out the door

- Passport
- Visa
- Toiletries for the flight
- Socks to keep your feet warm on the flight
- Inspiring & spiritual reading
- Your Open Heart