



The Journey to India Retreat

PACKING CHECKLIST

CLOTHING

- comfortable walking shoes- 1-2 pairs of shoes
- sandals for south India
- close toe shoe for airplane ride and north India
- socks/underwear
- long skirts are great to keep modest but cool
- shorts that can double as yoga clothes or wear for day excursion
- yoga clothes
- scarf or shawl
- long sleeved top
- jeans/pants- for north India
- warm light weight jacket – for airplane ride and North India
- swim suit

ELECTRONICS

- earplugs
- headphones
- electrical adapter
- cell phone and or digital camera
- battery charger for devices

TOILETRIES

- small hand sanitizers
- small hair shampoo/conditioner: provided by Somatheeram and hotels in north
- tampons/menstrual accessories
- toothbrush/toothpaste
- razor
- comb
- exfoliate scrub/mitt: sometimes after the oily massage you want to exfoliate

PERSONAL HEALTH

- sunscreen
- sunglasses
- supplements that help keep your body strong, Vit C, GSE (grapefruit seed extract) to drop in water
- probiotics
- triphala – to stay regular
- antibiotics- if that's your thing, can also be obtained in India (antibiotics are OTC, over the counter, no prescription required)
- pain killer - if needed

TRAVEL STUFF + CARRY ON

- handkerchief- many uses
- daypack/small-ish bag can be your carry on bag and a bag for outings
- reusable water bottle
- eye mask
- ear plugs
- inflatable neck pillow
- reading books
- journal
- a couple tea bags or trail mix in your carry on bag to give you nourishment on travel days

TRAVEL DOCUMENTS

- passport
- visa or eVisa confirmation forms!
- photocopy tickets, visa, passport, credit card, itinerary, Somatheeram contact info, email copies to yourself as well
- well labeled luggage tags