

Packing List

Awakening Women Yogini Winter Ashram, India

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.

In the past, we have had storms with heavy rain and many days without electricity/heat. We recommend that you bring some extra warm socks, a large rain cape and rain boots/water resistant shoes.

Note: The Sattva Center is isolated from Laxman Jhula, the local town—it is a 30 minute taxi ride away from any shops so bring all the supplies and clothes you need with you for the retreat if you are not arriving early into Laxman Jhula with time to shop for additional supplies.

For those of you arriving early to Laxman Jhula, there are a couple organic grocery stores in Laxman Jhula in the Tapovan area where you will be able to find plenty of healthy snacks, natural toiletries and laundry soap.

Clothing

- The most commonly used clothing in India is loose pants (long) and a tunic/dress on top. Shoulders should be covered, and it should hang loose over the breast. If you dress like this you will have a more smooth time in India. You will probably want to use mostly light or bright colors when you are there.
- Shawl (you may wish to wait to purchase in India), for warmth and covering up
- Outer layer (sweatshirt or light jacket/fleece)
- Sleepwear
- Sandals
- Hat
- Sunglasses
- Underwear
- Socks

- White Clothes for ceremony
- Swimwear (Modest, one piece, and a cover-up, not bikini)– optional, to wear under clothing.
- It may still be cold in the mornings and evenings, so gloves and thermal underwear (white is easiest to blend with other clothes) and warm sleepwear can be useful.
- Bring some clothes you can sweat in for dance and yoga.

A few notes about clothing:

- The key word for clothing: **modest**. While sleeveless yoga tops may be appropriate in the Women’s Temple, they will not be appropriate out in public.
- Err on the side of packing lightly.
- You can have tailor-made clothes made for you in the nearby villages. The best way to get a good result is to bring clothes you love and have them copy them.
- If there is a storm, there may be some days where you will be unable to do laundry, in which case a few extra outfits, or at least extra underwear may be helpful.

Toiletries

- Antibacterial wipes
- Several packages of travel-sized tissue
- Hand sanitizer
- Travel packs of facial/body wipes
- Tampons, pads, or moon cup (they may not be available in Rishikesh)
- Sunscreen
- Mosquito Repellent
- Shampoo
- Laundry Soap for hand-washing clothes (you can also buy in Rishikesh)
- 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 for suggestions on what medicine to bring with you.

HOLISTIC

- Rehydration salts/ electrolytes
- Psyllium or Chia Seeds for constipation
- Oregano extract (drops for each bottle of water, antibacterial)
- Grapefruit Seed extract (antibacterial)
- Triphala (capsules for constipation)
- Chinese Curing pills (in case of any major stomach concerns)
- Aquilaria 22 and Artestatin (parasite prevention: one 90-tablet bottle of each)
- Charcoal Tablets (good for food poisoning)
- Arnica gel (pain reliever)
- Throat lozenges
- Any additional immune support (Echinacea tincture, propolis extract, etc.)

WESTERN ALTERNATIVES

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

Also bring:

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

Food

- Snacks for plane
 - Snack bars/trail mix/dried fruit for day trips (especially if you are gluten free)
 - Xylitol, Stevia, or other sugar alternative if you prefer not to have sugar
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Other

- Money belt
- \$300-\$500 in cash to exchange for rupees (approx. \$100/week)
You can exchange some money at the airport for your immediate needs, but it is best to exchange most of your money once you are in Delhi or Rishikesh: the exchange rates are much better there. It is possible to withdraw cash from your credit card in some shops and there are also some ATM/mini banks in the area (be sure to call your bank beforehand so your card is not blocked from foreign charges).
- **Be sure to email yourself copies of all important documents.**
- 2 photocopies of important documents (one for suitcase, one for carry on), including copy of passport, visa, and documents with important phone numbers (i.e. credit card, loved ones, health insurance).
- Journal, pens
- Travel Pillow/blind fold/ear plugs/sleeping aid (also for sleeping in shared room if you are sensitive to noise)
- Spare duffle bag for souvenirs (keep it empty and pack in your suitcase. You can also purchase these in Rishikesh.)
- Adapter
- iPod/Computer, charger and converter (though during the retreat we will ask that you not use the internet)
- Camera, Charger/batteries
- Thin rope and clothespins for hanging laundry (you can easily buy these in Rishikesh)
- Watch
- Small Flashlight

- **If you have a little extra space, please bring candles (tealights and big candles) to donate to the circle; it is hard to find good quality candles in India.**
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If you plan to stay in India before or after the retreat, these items can also be helpful:

- A sleeping bag. The night can be so cold in Indian houses (It's also easy and cheaper to buy them in Delhi.) Or at least have warm sleepwear.
 - You will find that often times the hotel rooms don't have sheets or clean pillow cases, so it may be a good idea to bring a sleeping liner made of silk sheets.
 - A towel
 - Your business card
 - It's also nice to bring small useful presents to give children or adults.
 - Pillowcase (makes a good laundry bag)
 - Swiss army knife
 - A combination lock for your belongings on trains/buses
 - Mosquito net or mosquito tent (optional, but mosquitos often find their way even into hotel rooms)
 - Lonely Planet India Travel Guide (optional, the most common helpful book)
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On the way out the door:

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