

What to bring to Retreats in India

Money

Bring your visa - card: it's a very easy way to get Indian rupees. It costs a small amount each time you withdraw money (40-80 kr. according to your bank) but it is very easy. There is an ATM in the ashram area it is by far the easiest thing if you all withdraw money from that or from the ATM in the airport on arrival. You can withdraw 10.000 rupees (1017 kr.) per time.

Copy of passport, flight tickets and travel insurance info. (the pass port pages with your information + a copy of your visa) and a copy of your flight tickets. This is always good to bring when travelling.

Camera

Torch

Water bottle: you will carry water around and why not bring one you can recognise as yours (13 similar water bottles in a room can make confusion). In most retreats we have a water filter for your disposal (to reduce plastic waste) However, you can also buy water in bottles for around 2kr. per litre.

Dress: Loose dress is fitting to the culture and the most comfortable to wear in the heat. Loose clothes with long legs and sleeves furthermore serves as protection against mosquitoes. Synthetic dress may be very warm so try to bring clothes of cotton. We arrange a shopping tour one week after your arrival but you can also buy Indian loose clothes in the nearby village (most selections for women).

- **Men** can wear shorts (preferable not shorter than just above the knee) and long pants. When entering a temple men may have to take of shirt / t-shirt. A thin scarf may be nice to have for mosquito protection and for meditation.

- **Women:** must cover legs (preferable the whole leg, but at least the knee) and shoulders. It is very good to bring a thin scarf that is big enough to use both when visiting temples (to cover breasts) and to use for mosquito protection and meditation.

A small bag: to carry water, fruits, camera, (tissue paper) and other goods on day trips and walks.

Padlock to lock your room. Advice; if you bring a lock with code - you will never loose the key ;o)

Remedy for stomach disorder - of your own choice (you will get suggestions from us).

Sandals or flip-flops + sandals/shoes for hiking and longer walks.

Mosquito ant repellent /oil with lemon grass. You can also buy both mild and strong versions in Tiruvannamalai

Sun lotion

Toilet paper if you prefer to use the "western toilet style". All Indians wash after going on toilet and there will always be water and a mug on public toilets but NEVER toilet paper out of the tourist places. If you live in the resort or in a hotel you don't need to think of this. In our Sadhana Guest House we provide local toilet paper which is rather rough. So, if it's important to you - bring along some roles of your own toilet paper ;o)

Klinex - good to keep in your bag and to bring on day trips ect. as toilet paper.

Tampons / pats: You cannot buy tampons, but you do get pats (with perfume) in medical shops. Some women experience a change in their cycle due to the climate and diet changes, so it's good to bring a few just in case.

Towels: (if your retreat is not held in a hotel or resort).

A **note book, pen** and your own Yoga note book (if you have one from previous classes with Govind).

You can furthermore bring

Waist bag or the like: to keep your money, visa card and important documents while travelling.

Small tins/plastic boxes to store bread, sweets, biscuits etc. in your room. Ants will find their way if there is anything eatable on your shelves or table. But if you keep it in a closed container it will not be any problem.

Earplugs: India is noisy at times - even though our guest house and the resort & hotels are located in quiet areas you may experience noise on full moon days.

Diary: is very good to use in order to digest impressions and to enjoy and share experiences later on.

Spiritual books: bring some reading for the breaks - spiritual books will add inspiration and depth for your retreat. Ramana Ashram also has a really good selection of books for sale.

Pocketknife: to peel fruit and the like - always useful. Remember not to put it in your hand luggage while flying.

Coffee: if you depend on coffee we advise you to bring some instant coffee. Even if you stay in a resort or hotel they may not be able to serve coffee like you use to have it. Indian coffee style is sweet and with much milk.

Travel-water-kettle if you have one. Then you can boil your own drinking water in your room and make a cup of tea or coffee when you need it.

Sterilizing tissues/gel - good to have since the common way to eat in India is with the hands and a good hygiene is the best travel friend :o) But don't panic about it - often a good hand wash is often good enough :o)

Mosquito nets: Most people don't use mosquito net since there are nets on all windows. However, if you are very sensitive it may be nice to have one. So far, only a few persons felt a need for mosquito nets

Notice: Electrical converter - is **not** needed since the voltage and plug points are the same as in Denmark.