



6. What to Carry

For Registration

- Passport
- Immigration documents (GC/EAD/Advance Parole/H1/H4/etc.)
- (Accommodations will not be provided without these documents)
- Two passport size pictures of each pilgrim (including newborn babies)
- Completed registration form for Accommodations (sent to you by email prior your trip to India).

Medication

If you or your family members have any serious medical condition(s) that require special attention or arrangements, (e.g. refrigeration of medications, wheelchairs, etc.) please communicate this to your team leaders **prior** to your arrival in Prasanthi Nilayam so that the necessary arrangements can be made.

If you or your family members have any serious medical condition(s) which may require monitoring (e.g. recent surgery or other invasive medical procedure, or any other illness that requires monitoring), please inform your team lead so that the first aid team can be informed and prepared.

Bring prescription medication or other medical supplies (e.g. syringes) that you may need during your stay in India. Do not assume that these will be available or easily obtained in India.

You may also want to consider taking some of the following items:

- Anti-inflammatory agents/pain killers (e.g. Tylenol, aspirin, Advil)
- Anti-diarrheal preparations (e.g. Immodium, Kaopectate)
- Anti-histamines (e.g. Claritin, Benedryl for allergies, ointments)
- Cough Suppressants, nasal decongestants (e.g. Dimetapp, Robitussin)
- A small first aid kit, including bandaids, cotton, and alcohol swabs
- Electrolyte powders
- Nauzene tablets/syrup for nausea



Staying Healthy in the Ashram

- Please contact your doctor or Consulate General of India for suggested immunization prior to leaving for India. The Center for Disease Control website is also good resource for official recommendations:
(<http://www.cdc.gov/travel/indianrg.htm#vaccines>
<http://wwwnc.cdc.gov/travel/destinations/india.aspx>).
- In light of the heat and humidity expected in Parthi, **please stay well hydrated by drinking plenty of fluids – particularly children and seniors.**
- Use DEET insect repellent; Wear long sleeves and long pants to cover skin.
- Drink only bottled water or water from the fillers on the ashram (check for intact seal).
- Try to eat only inside *ashram*. DO NOT eat from street vendors.
- Peel all fruits. Avoid uncooked vegetables.
- In case of medical emergency, contact your team lead, any member of the first aid team, or XX or YY.

Essentials While Staying in the Ashram

- Bed sheets (one to cover the bed and one to cover yourself) and pillow cases
- Towels (preferably ones that are relatively thin and will dry quickly)
- Toiletries
- Medication and medical supplies for duration of stay/travel
- Insect/Mosquito repellent (DEET)
- Flashlight for emergencies
- Powder laundry detergent and clothes pins for hanging clothes. *Dhobis* (laundry personnel) are available for washing clothes at a minimal fee, but you might want to consider washing your own personal items.

A combination lock is preferable (so you don't have to carry a key around) to lock your room when you leave. A room key is provided if you have a single room, but it has only one key. Using your own combination lock will allow all roommates to get in when they want.

Optional Items

- Electric tea kettle (Indian voltage: 230-250 volts)
- Teabags, creamer and sugar, instant coffee
- Immersion heater



- Iron (230-250 volts)
- Paper towels / toilet paper / Kleenex
- Those traveling with babies might consider taking powdered milk, etc.
- Sun block lotion
- Gatorade packets
- Insect/mosquito repellent
- Zip lock bags (essential if you plan to store food in your room)
- Hand sanitizer
- Disinfectant wipes

** Basic toiletries, toilet paper, and cleaning supplies are available in the shopping center in the *ashram*. However, the shopping center has very specific timings when it is open for men or women; if you will be arriving at night, you may want to bring the items you will require immediately.

