



Packing List for Pilgrimage – Prasanthi Nilayam

Most items can be purchased in the Ashram Supermarket or outside the Ashram if needed but taking them with you will in general be easier.

Miscellaneous

- Padlock for room with the number of keys needed for your group or a lock with combination
- A water bottle for each person
- Travel adapters for power sockets
- Plastic fan (optional)
- Soap / toilet roll / hand sanitiser/ wet wipes
- Small torch

Medicines

Any prescription medicines

Take the standard items for a travel medical kit – be especially conscientious if you are travelling with children. Items should include:

- Paracetamol / Calpol
- Ibuprofen/ Nurofen
- Imodium
- Dioralyte
- Plasters
- Antiseptic cream
- Sun cream
- Insect Repellent (optional)
- Antihistamine cream and/or stings and bite cream (hydrocortisone cream 1%)

Bedding

Some sheets and other bedding are usually provided in the room but no towels. But we would recommend taking the following **per person**:

- Sheet to cover bed and sleep on
- Pillowcase
- Sheet to cover yourself while sleeping
- Towels / Hand towels

Food related items

How much you take depends on the degree you may want to be able to prepare or store some food items for yourself. None of the below are a necessity but are optional.

- Travel kettle
- Plates / Cups (plastic or metal) / Cutlery
- Food boxes and or bags for food take away from the canteen or to store items bought from the bakery
- Tea towel / tissue / scissors
- Dry food items (soup packets, cereal bars, biscuits etc)
- Empty plastic bags for rubbish

Clothes

Take into consideration the dress code when packing.

- Please **bring hats** or other protection from the sun especially for children.
- Advisable to **bring slippers** to wear to darshan and leave on the racks outside.
- Safety pins, hair pins for flowers (ladies)
- Small bag (6 -7 inches) to take into Sai Kulwant Hall for: keys, money, veda book
- *Travel Iron (optional)*
- *Emergency sewing kit (Optional)*
- *Face Masks (optional)*