

## WHAT TO BRING

Travel as lightly as you can because you will probably want to buy goodies to bring back. The airlines enforce baggage limits, so you will have to pay for extra baggage.

You will need a current passport and visa. The passport needs to have more than 6 months before expiry to get the visa. Bring the itinerary and the credit card used when booking flights.

It is also VITAL to bring a photocopy or photo of your passport and visa, and keep it separate to the originals. (The copy you can use in the bank at Amma's ashram to change money.)

**Clothing:** For most of the areas we will be, you won't need many clothes. Temperatures generally range from 27 - 31 degrees in the daytime to 23 degrees at night so pack comfortable, cool, loose summer clothes. However it will be colder at night when we stay for 2 nights in the Western Ghat mountains. You will need some warm clothes. It is also good to have Mossie-proof clothing and socks should be included.

Most people like buying clothes as we travel so bear that in mind.

Non-revealing clothes (for men and women) are appropriate, especially when visiting sacred sites. White tops are appropriate to wear in some temples and ashrams. A light woollen or silk shawl will be handy for extra warmth at night and a cotton shawl for temples etc.

**Money:** If you are comfortable it will be useful to bring some Australian cash, perhaps up to \$800. You can also get an international travel card and load it with Indian rupees which you can use as an EFTPOS card when you're in India. Your bank might have them or you can get one from the Post Office. Please check which company offers the best rates. When we arrive at the airport we can change a small amount of money into rupees to get started. However we will get much better exchange rates elsewhere.

The Australian dollar is accepted in most of the centres where we will be traveling. You will be able to use your Visa/Mastercard or American Express card and/or international travel card for purchases in most places, and to access ATMs. We recommend that you tell your bank you are travelling overseas so they don't block your credit/debit card when using it overseas.

Other items to bring:

- yoga mat, belt and block
- mosquito repellent (very important), also a plug-in type if desired
- a universal or 230V voltage converter, mobile phone and charger  
an adaptor for phone charger etc
- camera
- a small travel towel and inner sheet, and light cover such as shawl
- credit cards and a secure money pouch
- a good quality padlock, for bag
- medicines as needed
- neti pot, salt, coconut oil for self-massage