

SUGGESTED LUGGAGE Checklist:

Preferably a **Rucksack** (only 2/3rds full) with a light but strong orange canvas duffle-type bag to put rucksack in against theft and damage to straps in Airport conveyor belt machinery). Otherwise use a suitcase with wheels.

Clothes: (bring the very minimum: It's hot)

- 3 T-shirts or blouses (wear one)
- 3-4 pairs underpants (slips)
- 3 pairs socks + rough Sanctum Socks
- One pair lightweight trousers (wear)
- 2 White tops (*kameez*) & white trousers
- Light jersey (or sweater)
- 2 handkerchiefs or loo roll
- One pair of good sandals.

(If the UK is cold on leaving, try to wear two pairs trousers and two T-shirts & a jersey to the airport. You won't want to carry around useless heavy cold-weather gear in the heat. Every ounce counts).

Toilet Kit: nail & foot-scrubbing brush
Toothbrush and paste. Hairbrush. Comb.
Flannel (or use corner of your towel)
Make-do with a medium-sized towel
Dental Floss. Nail-scissors/clippers.
Cotton buds. Razor & Shaving Cream

Medics: Powdered Wormwood. Pills against dysentery, *Micropur* (water purifying pills), Homoeopathic *Malaria Off. pills*, lemon cream (or a real lemon) against mosquitoes), *Nux Vomica*, sun cream. Lip-salve, Plasters, *Calendula* cream. Bedbug powder
Electral salts—for sunstroke prevention
(Available at any chemist in India)

Miscellaneous:

- 1) Mosquito net & string
- 2) Candle and matches or lighter (*for frequent power failures*).
- 3) Torch (flashlight)
- 4) Swiss penknife
- 5) Roll (or two?) of good loo-paper
- 6) Padlock (*for ashram and hotel doors*)
- 7) Universal Sink-plug (*most wash-basins don't have one*)
- 8) Travelling Alarm clock
- 9) Light cotton sheet sleeping bag
- 10) Laundrybag (a cotton or plastic bag)
- 11) HSSF (Housewife: small sewing kit)
- 12) Old rag for wiping surfaces

Bits Bag: a string wash-line & 6 clothes-pegs, plus 4 cuphooks and string for hanging up your mosquito-net

A Handy Cloth Shoulder Bag:

(For journey food, fruit, etc.) +

- 1) Camera
- 2) Notebook? Reading matter?
- 3) Sun Hat
- 4) Pen/pencil
- 5) Specs /SunSpecs
- 6) Bottle of Mineral water
- 7) *Thermos?*
- 8) Fruit-knife & spoon (unless you like to eat hot food with your fingers).

Neck Bag or Cloth Pouch for:

- 1) Passport
- 2) Air Tickets
- 3) Instant cash (hide the rest)

Packing Tip: It can be useful to wrap clothes and other items separately in plastic bags, to avoid humidity, and accidental spillage of burst tubes, leaky bottles, leaky pens, squished fruit, etc.

Marking plastic bags with the name of each item (with an indelible felt tip pen) helps you not to forget anything each time you repack.

The **Penknife** or **Fruit knife**, **scissors**, **nail-file** and even **nail-clippers**, *must* be stowed in your rucksack or suitcase for the flight. They are **not** accepted in cabin hand-luggage and will be taken from you.

Do **not** bring hair-dryers and the like. Your hair will dry in minutes in the sun.