

# India Himalaya Yoga Getaway

## Recommended Packing Check List :

We will be on the move a good deal, so pack as lightly as possible (try to stay under 15 kg). You should be able to carry your own luggage. Be aware that dress standards in India are conservative. Loose, lightweight, long clothing is both respectful and cool. Strappy singlets, tank tops and shorts are not suitable. Warm clothes are necessary for cool mornings and evenings in the mountains.

### Travel Documents:

- Passport
- Visa
- Travel Insurance
- Flight Tickets

### Other Essentials:

- Day Pack / Bag
- Torch / Flashlight
- Lock for your Main Luggage
- Personal refillable water Bottle
- Sun Hat / Sun Glasses / Sunscreen
- Loose, lightweight, long Clothing (Layers are good!)
- Good walking shoes (some of the terrain is steep and uneven), Walking Sticks (if required)
- Warm layers for cooler mornings and nights
- Lightweight Waterproof Jacket
- Camera
- Your favourite road snacks (boiled lollies or ginger is good for those partial to travel sickness)