



The Spiritual Pilgrim

EQUIPMENT AND PACKING GUIDANCE

Pack light. We don't care if you wear the same outfit 5 or 6 times.

A good goal is to fit everything into a single piece of checked luggage and a carry-on daypack. This is especially important since you will be carrying your own luggage on many occasions as none of our guesthouses have elevators/lifts.

We will provide yoga props at each location, including blocks, straps, blankets and meditation cushions. **Please bring your own yoga mat** and anything else you may want for your practice such as a hand towel or a spray bottle.

CLOTHING

Please pack respectful, modest clothes that don't expose your knees. Ladies, it is considered respectful to have your shoulders covered (no tank tops) in the temples and monasteries we will be visiting. Casual clothing is appropriate at all times. There is laundry service at each of our hotels, so we can all pack a little lighter than we would otherwise. Keep in mind that synthetic fabrics tend to dry faster than natural fibers like cotton, if washing clothes by hand.

It is typically pleasantly warm during the day (about 77F, 25C). In the direct sun, it can be intense, so you still want to bring a hat or sunscreen for protection. The nights will cool off quite a bit (50F, 10C) -- so bring a cozy jacket or thick fleece. Also bring something warm to wear to sleep at night and thick socks or slippers for the evenings.

Always a good idea to bring a rain jacket, just in case. We also highly recommend bringing a light scarf or shawl to protect you from the dusty street and to cover your shoulders/body as appropriate in more austere settings, such as in the monasteries we will be visiting.

- Comfortable walking/light hiking shoes
- Socks for walking/hiking
- Comfortable pants
- Lightweight long-sleeve shirt
- T-shirts, short sleeve shirts
- Warm jacket and/or fleece
- Rain jacket
- Light scarf or shawl
- Warm hat
- Sun hat
- Yoga clothes
- Warm sleepwear

PERSONAL ITEMS

A good **small comfortable shoulder bag/backpack** will be handy for the two days we go hiking and will give you easy access to the things you need during the day. We also recommend bringing **ear plugs** - there can be a lot of barking dogs in the neighborhood at night. Plus if you are sharing a room with someone it might help you sleep a bit better.

Please remember, if you plan on bringing a hairdryer you will need an adapter and a power converter.

- Your Yoga Mat!
- Sunblock (waterproof, high SPF)
- Insect repellent with DEET content
- Toothpaste and toothbrush
- Shampoo and conditioner
- Body soap - most hotels provide this, but good to have just in case
- Small bottle of Purell or similar antibacterial hand gel
- Spare passport photos (in case of lost passport)
- Sunglasses (with strap, case)
- Extra eyeglasses/contacts
- Money belt or pouch for valuables
- Small flashlight with extra batteries
- Small backpack (can also serve as an airline carry-on bag)
- Plug adapters for 230 volt system (if needed)
- Ear plugs (if you are a light sleeper and/or are sharing a room)
- Favorite snack foods (pre-packaged)
- Modest first aid kit (bandaids, neosporin, cold medicine, benadryl, advil, etc.)

ESSENTIALS FOR YOUR CARRY ON BAG

- Passport
- Air tickets
- Copy of visa application
- Cash and credit cards
- Travel and medical insurance certificates/cards
- Address and telephone number of emergency contact
- Prescription medicines

WIFI

All of our hotels have decent-to-good wi-fi, so it is possible to connect via services like WhatsApp/Skype/Zoom and get work done if needed.

ELECTRICITY

Voltage is 230V, 50Hz

Plug types with 2 round pins, or 3 round pins with ground, shown here, are the most common.

