

# TRAVEL CHECKLIST REMEMBER

TRAVEL LIGHT, LIVE LIGHT, SPREAD THE LIGHT, BE THE LIGHT!

## IMPORTANT REQUIRED

- Passport
- Copy of Passport
- Copy of Travel Insurance (Page 1)
- Copy of transfer voucher (if not with the group)
- Mosquito Repellent

## TRAVEL PACK

- Travel pillow
- Compression socks
- Headset
- Snacks
- Hand sanitizer

## ESSENTIALS

- Shampoo & Conditioner
- Face & Body wash
- Toothbrush & paste
- Sleepwear - warm
- Slippers
- Shirts / layerable
- Pants / base layer
- Socks, bra & panties
- Light & warm jacket
- Hat, gloves & shawl

## WELLNESS PACK

- Triphala
- Probiotic / Pre-biotic
- Wellness formula
- Essential Oils
- Diarrhea pills

## ELECTRONICS

- Power adapter
- Phone charger
- Computer
- Computer charger
- Selfie stick charger

## SHOES

- Comfortable walking
- Water shoes - Hot springs
- Hiking boots (if hiking)

## DAY PACK

- Reusable water bottle
- Bug Spray
- Hand sanitizer
- Yoga Towel
- Rain Poncho
- Toilet paper
- Toilet seat cover
- Sun glasses
- Sun hat
- Sun Screen
- First Aid Kit
- Shawl, clothes layers

## OVERNIGHT BAG

- Shampoo & Conditioner
- Face & Body wash
- Toothbrush & paste
- Change of clothes
- Swimming suit
- PJ's & slippers
- Outlet adapter

## OTHER

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