

## **SDJ – Guide To Organize Your Baggage**

- Please bring all your relevant medical reports.
- Bring your regular medications including your allopathic medicines to last throughout your stay.
- Bring simple, comfortable and modest clothing (based on the season that you are here); It is better to bring some old clothing which can be discarded after the treatment as your clothes here might get the oil smell or oil stains.
- Some comfortable non-slippery footwear for external use and also separate footwear for internal spaces. Additionally, bring 2-3 pairs of socks to keep the foot warm.
- 1 light sweater or shawl to keep you warm as few treatments will necessitate keeping yourself warm.
- 2-3 scarves to cover your head and neck from exposure to sun, wind, rain, coldness etc when you move out of the room.
- Personal reading material is optional (we too have a library) but please note that we do not advise you to read much during the treatment process.
- 1 torch /Flashlight.
- You can bring all your daily need items like Brush, paste, Comb, Hairdryers, shaving sets and stationeries but for those who missed bringing a few daily need essentials, we have an amenity box in each room stocked up with most essential items which are chargeable.
- Since the treatments are primarily oil-based, there is a slight possibility for a mild oil smell remaining on the bed sheets and pillowcases even after laundry. If you are not comfortable using it, please feel free to carry your own sheets and pillowcases.
- Though we provide 5 brand new towels, it is better you have your thin towels as towel usage would be more and our towels are not big enough to wrap around the waist.
- You will have to carry home discharge medicines weighing around 3 to 5 kilograms and please make sure to have enough room in your baggage.
- Please bring a copy of your passport and visa and share a soft copy too with our office.
- If you are an Indian, please bring a copy of your Aadhar Card or an OCI card and a soft copy too.

**Things NOT to bring with you:**

- Do not bring any eatables except pomegranates, apples, Guava and Dry grapes if needed
- Cigarettes, tobacco or any tobacco additives, Drugs and Alcohol