

SDJ – Guide To Organize Your Baggage

- ❖ Bring relevant medical reports and regular medications for your entire stay.
- ❖ Pack simple, comfortable, modest clothing suitable for the season, including some old clothes that can be discarded if they get oil stains.
- ❖ Bring comfortable non-slip footwear for outdoors and separate indoor footwear, plus 2-3 pairs of socks.
- ❖ Include a light sweater or shawl and 2-3 scarves for warmth and protecting your head and ears.
- ❖ Personal reading material is optional, but note we advise minimal reading during treatments.
- ❖ Bring a torch/flashlight.
- ❖ Pack daily essentials like toothbrush, paste, comb, hairdryer, shaving sets, and stationery. For forgotten items, an amenity box with chargeable essentials is provided in each room.
- ❖ Consider bringing your own sheets and pillowcases if you prefer to avoid any residual oil smells.
- ❖ Although we provide four new towels, consider bringing your own thin towels for additional use.
- ❖ Ensure space in your baggage for 3-5 kilograms of discharge medicines.
- ❖ Bring a copy and a soft copy of your passport and visa.
- ❖ If you are Indian, bring a copy and a soft copy of your Aadhar Card or OCI card.

Things NOT to bring:

- ❖ Do not bring any eatables except pomegranates, apples, guava, and dry grapes.
- ❖ Do not bring cigarettes, tobacco, drugs, or alcohol.