

SDJ - Guide to organize your baggage

- Please bring all your relevant medical reports.
- Bring all the necessary medications including the allopathic medicines that you are currently using to last you through the period you are here as we will not drastically stop your medicines
- Bring simple, comfortable and modest clothing (based on the season that you are here); it might be best to bring some old clothing which can be discarded if necessary after the treatment as the cloths you wear might get the strong smell of oils .Visit <http://www.sdjayurvedalaya.com/AbouttheLocation.aspx> to get an idea about the climate in our locality
- Bring some comfortable non-slippery footwear; and 2-3 pairs of socks
- If interested bring your portable music player with music, mantras, instrumental music, motivational talks, spiritual discourses etc to spend time but we also have a small audio library
- 1 light sweater or shawl to keep you warm as few treatments will necessitate to keep yourselves warm
- 2-3 scarves to cover your head and neck (to protect from exposure to sun, wind rain etc.) when you move out of the room and keep yourselves covered to prevent catching cold etc
- essential reading material (we too have a small reading library) but please note that our physicians do not advise you to read much during the treatment process
- 1 torch /Flashlight
- You can bring all things of your personal needs like Brush, paste, Comb, Hairdryers, shaving sets and stationeries but still if some people miss out to bring some essential items, they can make use of our daily need store <http://www.sdjayurvedalaya.com/Facilities.aspx>

Additional Point

- Since the treatments are primarily oil based, there is a slight possibility for mild oil stains or smell remaining on the bed sheets , pillow covers and towels even after going through the laundry
- In the laundry, the sheets and pillow covers are laundered in the industrial washing machines with bio degradable chemicals

- In case you are not comfortable using these common sheets and pillow covers, please feel free to carry with you three sets of sheets, towels and pillow covers which will be used exclusively for you
- Though we provide towels, it is better you have your towels preferably thin ones as the usage of towels are more.
- You will have to carry some medicines weighing around 3 to 5 kilograms approximately to continue after discharge and please make sure to have room in your baggage
- We request you to download the registration form and hand it over on your arrival in the reception or to the person who first meets you here in the hospital.

An International Patient should also bring

- 1 of the passport page with the photo and 1 scanned version of the same
- 1 copy of the passport page with the visa stamp and one scanned version of the same

Things NOT to bring with you

- Do not bring any eatables for your personal use and if you wish to bring some fruits then most preferably you can bring pomegranates
- Excessive reading material
- Video DVDs.
- Tobacco Additives like cigarettes and Pan
- Alcohol