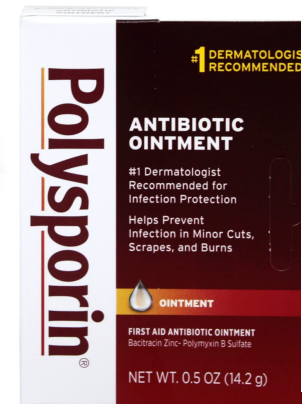
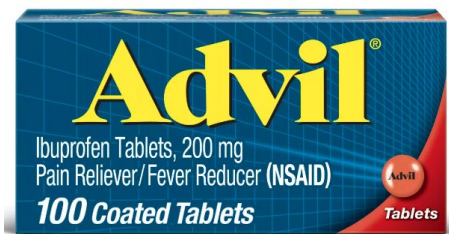
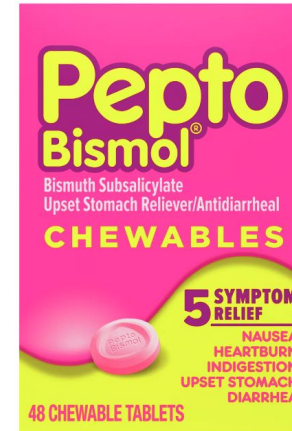
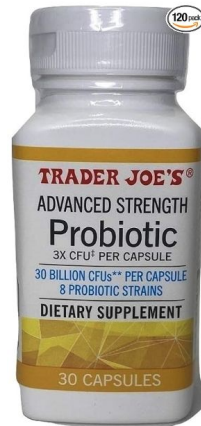


Be prepared: Pack your own health supplies



electrolytes with potassium



mosquito repellent

Be prepared: **Your Health**

Talk to your doctor about the following:

- Anti nausea prescription
- Motion sickness prescription
- Altitude sickness prescription
- Recommended vaccines (Hepatitis A, series of 2)



Bring a list of any medications you are taking.

This is especially important if you are on a controlled substance such as Codeine, Hydrocodone, Xanax or Ambien. You can print it out from your Doctor's Electronic Health Record or get it from the your pharmacy. If you lose your meds and need to have them replaced in India this list could be critical.

Carry prescriptions in your carry-on luggage. You don't want them to be lost. Bring an emergency supply in case of delays or if they accidentally go down the drain.

Be prepared:
Avoid waterborne diseases

Avoid anything that is not cooked. No ice. No fresh vegetables (including lettuce and tomato). No fresh fruit. Assume that all raw items contain tap water droplets.



Make sure all dinnerware is dry, without water droplets.

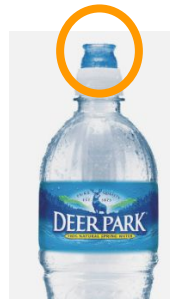


Be prepared: Avoid waterborne diseases

Do not get tap water on your face. Take pre-moistened towelettes or use bottled water. Take paper towels to dry your face and hands, avoiding the possibility of wet towel transfer.



Do not get tap water on your toothbrush. Use bottled water. Tip: take a "sports cap."

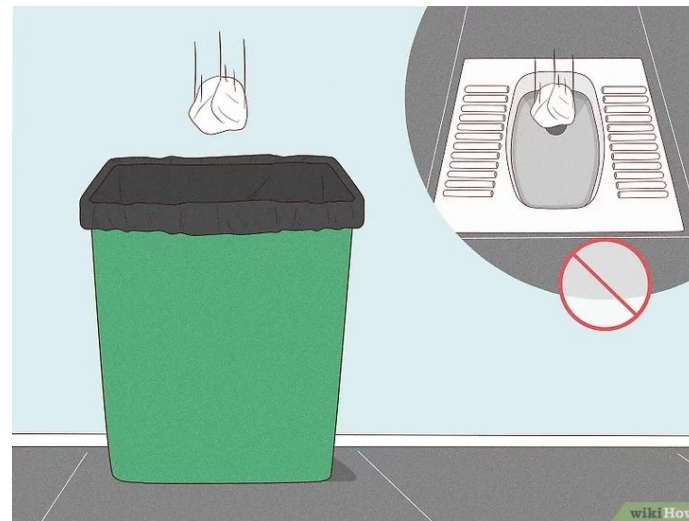


Be prepared: **Additional comfort items**

All Dharamsala hotels will have Western toilets and toilet paper but most restaurants will not. Always carry tissue packs with you to use as toilet paper.

Never place toilet paper in the toilet. Use the trash can. This includes when western toilets are present, at the hotels, Dialogue location, restaurants, and cultural venues.

Most plumbing systems in India are only built for waste and water. Throwing paper products like toilet paper into the toilet can clog the plumbing.



A Few Notes About Staying Healthy and Safe in India

- This event can be exhausting –due to the time difference, unfamiliar culture, the high altitude, and the amount of walking. Prepare for this by guarding your sleep-time. Dogs barking through the night and outside commotion is common. Recommendation: retire early to your room; take a sleeping mask and earplugs or use a sound device/app.
- Strive to keep your system regular. Do you have a favorite instant oatmeal or granola bar? Take them. Pack healthy snacks. With so much change to your system, it's great to start your day with familiar items. Your favorite tea bags or instant coffee could also be welcome. All hotel rooms will have electric kettles for boiling water. Note that breakfast is included at the hotels.
- Short term use of [Pepto Bismol prophylactically](#) can stave off travelers diarrhea. Adding a daily probiotic and electrolytes are also recommended.
- Unboiled water (water from the tap) is not your friend. Do not use it to brush your teeth. Do not use it to wash your face. Do not go swimming in the pool (Delhi). Do not eat lettuce (washed in tap water) on your hamburger. Do not eat the fruit (washed in tap water). Do not use the plate/utensil/glass that has water residue. You do not want to get stomach sick. It is very unpleasant. Carry bottled water or boil the water in your hotel room. Wipe dry any wet plates/utensils/glasses to greatly reduce your risk.
- For US based folks: [Skratch Labs](#) or [Emergen-C](#) + or your other preferred supplement is your friend. Use it daily.
- The air pollution in Delhi can be severe. Take a mask.
- If you don't know how to use a traditional toilet in India, google it. This is what you and the guests will find at the Temple and some local restaurants. Carry tissues. Hotels will have western style bathrooms.
- Monkeys/Macaques are not to be trusted. Be on guard. Do not look them directly in the eye as this is perceived as a sign of aggression. Cows are mostly gentle - although clumsy, so watch your toes. Dogs are fine so long as they don't see you as a threat—they mostly sleep during the day. A painted mark on a dog's back indicates recent veterinary care. Do not touch any animals.