



15 ESSENTIAL THINGS TO PACK FOR YOGA TEACHER TRAINING IN INDIA

THE NO BRAINERS:

PASSPORT ☐

VISA ☐

SUPPLEMENTS:

MULTI VITAMINS ☐

ACTIVATED CHARCOAL ☐

PROBIOTICS ☐

BCCA POWDER ☐

HYALURANIC ACID, BIOTIN, ZINC, VITAMIN C ☐

VEGAN PROTEIN ☐

CURRENT MEDICATIONS ☐

BATHROOM:

SAFETY RAZOR ☐

TWEEZERS ☐

EPILATOR ☐

SHAMPOO BAR ☐

CONDITIONER ☐

SOAP BAR ☐

LIQUID CASTILE SOAP ☐

CLOTH FACE PADS ☐

OIL CLEANSER ☐

ROSEWATER ☐

TOOTHBRUSH ☐

TOOTHPASTE ☐

DEODORANT ☐

MOONCUP ☐

THE BASICS:

SUNSCREEN ☐

ELECTROLYTES ☐

UMBRELLA ☐

YOGA TOWEL ☐

WATER BOTTLE ☐

MASSAGE BALLS ☐

PLUG ADAPTOR ☐

EARPLUGS ☐

EYE PILLOWS ☐

MOSQUITO REPELLENT ☐

CLOTHES:

4 SPORTS BRAS ☐

3 LEGGINGS ☐

2 SHORTS ☐

6 VEST TOPS ☐

10 KNICKERS ☐

3-4 CASUAL OUTFITS ☐

EXTRAS:

LAPTOP / TABLET ☐

VIDEO CAMERA EQUIPMENT ☐

GLASSES / CONTACTS ☐

KINDLE / BOOKS ☐

FLIP FLOPS ☐

DRIED SNACKS ☐

JOURNAL ☐