



Logistical Preparation Packet For:

Unlocking the Power of Sri Sukta: 12-Day Group Practice and Study Intensive at the Himalayan Institute India Khajuraho, India – February 15-29, 2020 with Pandit Rajmani Tigunait

Welcome to the next stage of preparation for your upcoming program in Khajuraho. To assist you, we have put together some helpful information. Please review all information contained in this document and keep a copy for reference.

Packet Overview:

- **International and Domestic Travel**
- **Passport and Visa**
- **Health and Immunizations**
- **Baggage Allowance**
- **Packing Tips**

Important Dates and Deadlines:

Action Point	Date/Deadline
Regular Registration Period Closes	October 31, 2019 - Payment in full required to receive the regular rate of \$2,495
Late Registration Period Closes	February 1, 2020 – Late Rate \$2,695
Flight Details Submitted to Excursions	December 1, 2019
Passport and Visa Details Submitted to Excursions	January 1, 2020
Flight Arrival to Khajuraho Airport	February 15, 2020
Flight Departure from Khajuraho Airport	February 29, 2020

International and Domestic Travel

Each participant is responsible for making their arrangements to fly to/from India and Khajuraho, the starting point of the Intensive.

It is strongly recommended that you purchase trip cancellation insurance to protect from cancellation for any reason, cancellation and other fees, lost baggage, and medical assistance and/or medical evacuation in the case of an emergency. **There are many online trip insurance providers such as insuremytrip.com, Allianz, or AIG Travel Guard to name a few. Although we sincerely hope you will not need to cancel, we encourage you to research insurance options to protect you from the unexpected need to cancel!**

Check directly with the airlines, one of the online providers, or your local travel agent familiar with India travel for recommended flights. Flight schedules are typically available 10 months before a departure date. **Flights to Khajuraho are available now. Act promptly to book at the lowest fares.** Currently Air India operates one daily flight to and from Khajuraho to New Delhi. We expect at least 1 other airline to begin flying between New Delhi and Khajuraho by February 2020. The costs for international and within-India airline flights are payable directly to the airline or third party provider. If you are interested in alternative options for reaching Khajuraho we are happy to speak with you.

International flights, local hotels, and flight connections: Plan to arrive and depart India at Indira Gandhi International Airport in New Delhi. It is advantageous to be ticketed on **one ticket** from your home departure city through to/from New Delhi, or possibly all the way through to/from Khajuraho.

Should you wish to spend time in Delhi to get over jet lag before moving on, or to freshen up and rest during the layover between flights, there are a number of hotels in or near the airport such as:

- Plaza Premium Lounge, Terminal 3, International Arrivals at Meters and Greeters Hall
- Holiday Inn Express, Indira Gandhi International Airport T3
- Lemon Tree Hotel
- Radisson Blu Plaza Delhi Airport Hotel
- Four Points By Sheraton New Delhi, Airport Highway
- Red Fox Hotel, Delhi Airport

If you exit the Delhi airport for a hotel stay between your international and domestic flights, plan to arrive back at the airport 2 hours before your domestic flight time. Allow additional time for traffic and unexpected delays to ensure that you don't miss your domestic flight.

FLIGHTS TO/FROM INDIA

From the United States: Many U.S. and international airlines offer flights to New Delhi, India. On the East Coast, a good number of flights depart from or connect at New York (JFK or EWR in Newark, NJ). Other major airports throughout the U.S. also offer flights to India. A number of flights stop in Europe where passengers change planes.

TIPS: Non-stop flight options to/from Delhi are also available from some major U.S. cities. When booking your international return home, allow ample time for possible flight delays or changes. **International flights departing from India after midnight are recommended.**

If you would like the assistance of a travel agent to book your international and domestic flights (both from your home departure city and within India), you are welcome to contact Mr. Ashish Dut in New York by email adut@maantravel.com (preferred), or by phone at 718-526-2976 or 917-863-3030 (cell). When emailing him, please provide your name as it appears on your passport, dates of travel, city departing from and city traveling to. He will look into flight options and email the most efficient and economical routing for your consideration. *Note:* Mr. Dut is unable to assist with airline reservations being booked with miles or points.

From other countries: Numerous flight options to/from Delhi from other countries around the globe are available. Depending on the departure city, many flights from Europe are non-stop to Delhi.

TIP: If separate tickets are issued for routes within India with international connections, or one-way or round-trip within India, the checked baggage allowance shown on the domestic ticket will apply to routes within India (approx. 15kg / 33 lbs at this time; hand baggage limit 7kg/15 lbs). Excess weight and additional pieces incur significant additional charges payable to the airline upon check-in.

FLIGHTS TO/FROM KHAJURAHO

Book your tickets so that you arrive in Khajuraho (HJR) on February 15, 2020 and depart Khajuraho (HJR) February 29, 2020. At this time, Air India offers a daily flight from Delhi to Khajuraho. Schedules may vary by season. Arrival: Based on current schedules, morning flights from Delhi arrive in Khajuraho by 3pm. An HI Khajuraho representative will meet you at the airport. Departure: Flights depart Khajuraho for Delhi between approximately 2 and 4 p.m. Schedule your international flight home accordingly, and allow ample time for possible flight delays or schedule changes. **International flights departing after midnight are recommended.**

Passports and Visa

Passports and visas are required for travel to India. Passports must be valid for at least six (6) months **after** your return from India date. Your passport should have at least 2-3 visa/stamp blank pages in addition to the endorsement page. If you need a new passport, or if your passport will expire in less than six months after your return date, apply now to allow ample time to receive your new or reissued passport.

Refer to the separate Indian Visa Application Guideline PDF on the Resources page for additional visa application tips and guidelines.

Non-U.S. passport holders: check with your local India consulate for details and requirements for obtaining a visa.

Visas are relatively easy to obtain. There are five Application Centers for Indian visas in the United States located in Washington DC, New York, Chicago, Houston, San Francisco, and Atlanta. The state in which you live determines where your application will be processed.

Cox & Kings Global Services Pvt. Limited is the only authorized service provider for the Embassy of India and its Consulates across the USA for Visa support services.

Note: According to the Consulate of India website, the Embassy of India and its Consulates in the USA do not recognize any other agency to provide Visa services.

Using a third party visa service will slow the process and also increase the cost significantly.

TIP: *U.S. Passport holders residing in the U.S.:* The Embassy of India now issues tourist visas for a minimum duration of 10 years, at their discretion. Shorter visa applications are no longer available for US Passport holders. The 10 year tourist visa saves time and money should you return to India in the future.

Visa applications and information about the online application process can be found at www.in.ckgs.us. Read the visa instructions carefully, fill out your application online for a 10 year (120 months) **tourist visa**, and follow the detailed instructions for sending your photos, payment, and passport to Cox & Kings for processing. **Your valid passport must be submitted with your visa application.** We recommend using a traceable method for delivery of your passport to/from Cox & Kings such as prepaid UPS or FedEx.

Visa Application Tips: Use the following information when completing your visa application:

Port of entry: New Delhi (or other city in India per your travel itinerary)

Purpose of travel: "tourism"

Duration /length of visa: 120 months

Where asked for **references in your country** and India, list a reference in your country (a friend or family member not traveling with you), and for the **reference in India** use: Himalayan Institute India, Village Kaunda, Post Udaipura, District Chhatarpur, Khajuraho, 417 606 (M.P.) India. Phone 8959-513656.

The length of time it takes for visa processing can vary; allow a minimum of two to three weeks turnaround time. Apply for a **tourist visa** making sure the length of visa validity covers your length of stay in India. Visas are valid from date of issue. Please note that visa validity dates are shown numerically in an international format of **day / month / year**.

Traveler's Tips:

- **Make two readable copies of the signature and bio pages of your passport** (this is the page with your photograph, name, passport date of issue, etc.), **and your Indian visa**. Carry these with you as you travel (keep them separate from your passport). *These copies will be extremely useful in the event of loss of your passport.*
- *The e-visa application process is much simpler than the regular tourist visa application and does not require any documents to be mailed in. If you do not plan to travel back to India or are looking for a simpler visa application process consider applying for the e-visa*
- **While traveling, your passport is best carried on your person in a passport/money carrier to be kept with you at all times**
- **Do not pack valuables or your passport in your checked luggage.**
- **Photos:** It's a good idea to have a few extra passport photos with you while traveling.

HEALTH

Immunizations and Prescription Medication

No immunizations are required for the areas we're traveling to in India. You're welcome to check the Center for Disease Control and the World Health Organization websites for their list of *recommended* vaccines. These vaccines are optional and the decision to get them is strictly a personal choice. We encourage you to discuss immunization with your health professional in order to make an informed decision based on your own personal preferences and health history.

If you are currently taking any prescription medication we recommend bringing an adequate amount with you. Although some medicines are available in India, their supply and quality are not reliable.

Considering packing a small general medicine kit as well for unexpected minor health issues that may come up while traveling including natural or allopathic medicines for coughs, cold, headaches, body pain, upset stomach, diarrhea, vomiting, dehydration (electrolytes or oral rehydration salts).

Natural ways to enhance your health

Himalayan Institute Chyawanprash is highly recommended in preparation for your journey to India, and anytime. Described in ancient Ayurvedic texts, Chyawanprash is a synergy of specifically selected herbs and fruits in a nutritive tonic. The principle herb Amla (Amalaki) is one of the world's most concentrated naturally occurring sources of antioxidant Vitamin C. A spoonful a day of this 2,000 year old formula is a tasty way for people of all ages and constitutions to nourish mind and body, while supporting healthy immune function.* Take it regularly for several months before your departure to strengthen and build your immune system.

To order Chyawanprash, call 800-822-4547 (press 4) or visit www.HimalayanInstitute.org.

Packing and Baggage Allowance

Baggage Allowance

Baggage allowance varies by carrier and is subject to domestic and international airline restrictions. Check with your airline to know your exact baggage allowance. Most international airlines allow 1 or 2 checked bags weighing 50 pounds each while domestic airlines within India limit checked baggage to 1 bag weighing up to 33 pounds and carry-on baggage to 1 bag weighing no more than 15 pounds.

Although airline baggage allowance may be higher, the **Himalayan Institute provides transport and portage for a maximum of 1 duffle bag and 1 carry-on bag**. Please speak with us in advance if you will be travelling with excess luggage. Additional fees may apply and will be higher if not pre-arranged. Please attach the luggage tag (to be mailed to you) to your checked baggage and affix the purple HI luggage stickers to your checked bag and carry-on bag to help excursion staff ensure baggage reaches the proper destination. The purple luggage stickers are helpful in aiding excursion participants to identify each other during travel as well.

Packing

February is a transition month in Khajuraho where day time temps can range from 75-90° F, while evening and early morning temperatures may be between 50-65° F. Plan to pack clothing for layering

Basic Packing List (PDF available on the Resource Page)

The following items are essential:

- Sturdy walking shoes
- 2-3 t-shirts
- 1-2 long sleeve shirts
- 1 medium weight fleece or sweater
- 2-3 pants
- Water bottle
- Sun hat
- Sun glasses with UV protection
- Sunscreen
- Flashlight or headlamp
- Personal toiletries, including soap and shampoo
- Day pack (to carry essentials during travel or on walks/hikes)
- Indoor shoes/slippers (ex. crocs or flip flops that can get wet or be washed)

Other recommendations to consider:

- Shawl
- Light vest
- Long skirt
- Travel bath towel
- Insulated cup/small thermos
- Extra zip lock or plastic bags
- Camera and accessories
- International converter for rechargeable items or extra batteries
- Plug adapter
- TSA luggage locks
- Toilet paper or pocket tissues
- Laundry soap and clothes pins
- Ear Plugs
- Yoga Mat
- Meditation Props
- Notebook and pen

Things to leave at home:

- Hair dryers, curling irons, straighteners, electric shaver, irons, hot water pot, heating coils, and similar electronic items
- Non-essential electronics
- Incense and candles
- Excess clothing

Note about clothing:

Due to cultural norms, modest clothing is ideal for your stay in India. Loose, light weight cottons, quick-dry performance wear, and items that can be layered for warmer or cooler days are ideal. Prepare for cooler mornings and evenings and strong sun during mid-day. A good pair of water resistant, closed toed shoes are useful for the terrain in Khajuraho – many trails are rocky, uneven, and are surrounded by brush which can leave pricks in mesh shoes. Standard tennis/running shoes are sufficient for walks along the road or on campus.