



What to Pack

Get prepared for Govinda Valley! There's many things you may want to pack. Here's a brief checklist to help kickstart your packing endeavours.

Clothing

Enough to last you 4 months! Weather varies here and can range from very hot and dry to humid, wet, and very cold with possible flooding. Please remember, clothing should be modest and you would benefit from natural breathable materials like cotton. It would be a good idea to bring comfortable clothing that you can easily move in, for example sweatpants and cargo pants. We also recommend the following (please note, this is not an exhaustive list, just some helpful suggestions):

- A set of gumboots
- A pair of sneakers
- Long socks
- 3 or so warm jumpers/sweaters
- An array of breathable sleeved shirts and long sleeves
- A hat
- 2 thermal long sleeves
- Swimmers
- Activewear
- An umbrella/waterproof jacket

Learning Equipment

- Yoga mat
- Laptop/Writing instrument
- Phone/Laptop chargers
- Journals and Notebooks
- Stationery

Miscellaneous

In case that you may like to keep extra leftovers or pack items to eat off-site, we highly recommend bringing:

- Your own personal reusable food container(s)

Keeping in mind the weather conditions and our close proximity to the beach and National Park, you may also like to bring:

- Umbrella/Rain jacket
- Sunscreen
- Backpack for day hikes

Rest and Recreation

- Reading Book/s
- Something that reminds you of home
- Personal Single Sized Bed Linen - All bed linen is already provided. However, many students prefer their own for a sense of familiarity.