

**SRI SATHYA SAI CENTRAL COUNCIL OF SOUTH AFRICA**  
**National Spiritual Wing**



**Entry requirements:**

1	Air Ticket – International and Internal (if you are flying in India)	
2	Passport	
3	Visa (requirements have changed – check Indian Embassy website) I.E. passport photos, utility bill, letter from chairperson/organisation for address in India, airline ticket, passport	
4	Travellers cheques /Credit Card / Foreign Cash - keep proof of this transaction with you at all times – at the airport you could be asked to show this proof of exchange,	
5	Injections – Yellow fever & Malaria – This not required anymore.	

**Personal Requirements:**

6	South African scarf	
7	Soap – you can take 1 bar or buy sandalwood soap in India. (Available at the ashram)	
8	Washing powder – this is available ( in most brands at the ashram)	
9	Shampoo (little) - buy in India (good ones without chemicals) (Available at the ashram)	
10	Toothpaste (little) - can buy this India as they have neem, wiswack toothpaste	
11	Toilet paper (6 rolls for 4 weeks) (Available at the ashram)	
12	Shaving kit	
13	Other toiletries (gloves, domestos, sun block, etc)	
14	Hair brush / comb / Hair dryer	
15	Medication - Your prescribed ones (get doctor’s letter for chronic, diabetic, etc)	
16	Medication (other) e.g. headache, flu, rehydrate, malaria tabs, immodium, lotion,	
17	Hair brush / comb / Hair dryer / etc	
18	Contact lens kit - if you use contact lens / eye glasses	
19	Heating element (immersion heater) - you can buy this in India (Available outside the ashram)	
20	Alarm clock	
21	Wrist watch	
22	Towel - you can buy this in India (Available at the ashram)	
23	2 Bed sheets – 1 for sleeping on and to cover yourself	
24	Mosquito repellent e.g. tabbard cream	
25	Sandals (beach tongs marked) – can be bought in India (Available at the ashram)	
26	White clothes (men)- take a few sets - carry them else you can buy (Available at the ashram)	
27	Cap - you can buy this India if you don't have one	
28	Clothes for the time you are travelling in India (for air travel, etc)	
29	Jersey / windbreaker / rain coat- If you need one especially in the morning	
30	Lock/s - for your bag & labels with your name and address	
31	Lock for the room – combination lock when sharing with others – Available in India	
32	Kettle – for tea in your room – is available in India	
33	Electric Iron – if you want to iron you own clothes – also available in India	
34	Laundry line & pegs– take or buy about a 10 metre string (to use in your room)	

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35	Universal Adaptor – for using your electronic items (take a small multiplug)	
36	Light Snacks – for children, those on medication (if you can't wait for canteens)	
37	Air Travel for children – parents to take some toys, etc for them to be occupied	
38	Hand Luggage - please put in at least 2 sets of clothes if bags are delayed	
39	Cell phone and charger, you can buy a roaming card from there. Alternatively ISD lines are available but you have to follow long lines.	
40	Contact lens kit - if you use contact lens / eye glasses	

**Things to Buy in India:**

- 1) Bucket for Bathing
- 2) Cleaning materials/detergents for the room
- 3) Mattress – each room has 2 beds and sometimes you may find an extra mattress- however be prepared to buy a mattress ( or two) or hire a bed ( if there is adequate space)
- 4) Pillow - Optional (as most of the room have pillows)
- 5) Cushion/floor seat to sit on, during darshan
- 6) As per requirements checklist

**Food and Drinks:**

- 1) There are 3 canteens (Western, North-Indian and South Indian), 1 bakery, shops and a take-away in the ashram. Please buy your requirements from these shops/canteens. The food is blessed by Swami and these facilities are there for the benefit of the devotees. Also note that the food outside the ashram is not Satwic.

**General:**

- 1) The Primary reason for your trip to Prashanti is to have Swami's darshan and Blessing. He has called you and not you have gone to Him. You have spent thousands of rands to make the trip – hence, make the best possible use of your time in the ashram.
- 2) Attend orientation talk for first-timers. Ask at foreigners accommodation.
- 3) Try not to talk after darshan – find a quiet place where you can absorb the LOVE energy you have been given. You can walk up to the Meditation tree and sit there in silence and absorb the energy and then proceed to your room or canteen. Most things are not allowed in the darshan area.
- 4) Try not miss any darshan, except when you are sick.
- 5) You are not allowed to take anything into the darshan hall except your keys, watch and wallet (size of purse varies – so check with sevadals)
- 6) There is a talk at 10h00 in the EHV hall. Make every effort to attend this.
- 7) There are 2 museums that you can visit. Spend as little time as necessary outside the ashram.
- 8) Spend some time reading / praying / meditating / silence in your room. You do not know when next you will have this opportunity again.

**Confirmation of return Flight:**

- 1) Indian Airlines has an office in the Ashram. You need to confirm your return flight/s at least 72 before you fly back. There is a nominal fee for this. It is best to do it after a few days upon arrival in India.

**HAPPY TRAVELLING AND ENJOY YOUR TRIP. Sai Love and Light**