

# Life Mastery Programs

## Packing List

We are delighted that you are joining us for the upcoming excursion. We ask you to carefully read the following information to ensure that your experience is as physically comfortable and spiritually rewarding as possible.

Each Journey invariably includes two itineraries. On the physical part of the journey, we each travel as a member of a group to places of extraordinary beauty, power and enchantment. On the inner journey, we travel solo down a long winding road often rife with potholes, detours and rivers to cross with no bridge in sight. The inner journey requires that we bring along all our love and courage to honestly deal with ourselves to separate truth from illusion.

The inner journey is potentially the hardest one we ever make. For the physical journey we just need a sense of humor, flexibility and a properly packed bag containing all the things a physical body could need!

### **Mandatory Items**

- Passport
- Money for personal items and for expenses;
- A water bottle suitable for daily use. You should only buy purified water and brush your teeth with the purified water. We do not recommend that women soak in a bathtub.
- Sturdy, well broken-in walking shoes;
- Enough of your medication for the entire trip in your carry-on bag in case your luggage gets lost; and
- Your prescription glasses.

### **Recommended Items**

- Hat or visor;
- Suntan lotion;
- Bug repellent;
- Sunglasses;
- Comfortable non-binding clothing in layers for warm days and cool nights;
- Bathing suit;
- Personal items and toiletries;
- Journal for writing;
- Poncho for rain;
- Back pack or fanny pack for camera, water, snacks, tissues and sweater; and
- Alarm clock to be on time!

### **Recommended Vaccines and Medications**

While each person's body has different needs, the following vaccines and medications can be used as a precaution when traveling to foreign countries. Please consult with your own doctor regarding these suggested medications.

- Six pills of Ciprofloxin 500mg (or the equivalent if you are allergic to Cipro) to be taken twice a day for three days for severe diarrhea that lasts more than a couple of days or for food poisoning;
- Pepto Bismol for mild stomach problems or diarrhea;
- Imodium for moderate diarrhea problems;
- Aspirin, Tylenol or Motrin for aches, pains, headaches, etc.;
- Roloids, Tums or any antacid of choice

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Benadryl for allergic reactions, bug bites or lack of sleep;

One set of ten days of Amoxicillin (or the equivalent if you are allergic to penicillin) for sinus infections, bronchitis or pneumonia;

A tube of Bacitracin or Triple Antibiotic Ointment for cuts and a tube of Hydracortisone cream for itchy critter bites and rashes;

Have you had your Measles, Mumps and Rubella vaccine?

Tetanus shot

Polio Vaccine

Hepatitis B: This consists of three injections given over 6 months.

Hepatitis A: It is recommended by the Center for Disease Control that all travelers have this vaccine. It consists of two injections given 6 months apart. You can catch Hepatitis A just from drinking a glass of water and pass this disease to an entire group of people from sharing water bottles, etc.; and

Measles Vaccine: ask your doctor if you need a second dose

Please consult your travel physician regarding the current Center for Disease Control recommendations.

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