



Sri Aurobindo Ashram – Delhi Branch Trust

Sri Aurobindo Marg, New Delhi – 110 016

Suggested Kit List:

The kit should be restricted to the minimum. Bedding will be provided.

1. Sleeping bag (optional).
2. Daily wear and pullover, jacket. (Very warm pullover or jacket for autumn.)
3. Sportswear is a must as a significant amount of the time will be spent in physical activities.
Tracksuits, salwar kameez, or moderately loose trousers will do.
4. Strong P.T. shoes (shoes should have been used for some time to avoid discomfort).
5. Washing soap for clothes and toilet articles.
6. One torch, one lock and key.
7. Band-Aid or sticking plaster, and personal medicines.
8. **Raincoat or umbrella, and water bottle.**
9. Since we often have water shortages at Nainital, it is wise to bring some extra paper plates and paper cups.
10. One notebook and writing material.
11. Enthusiasm and the right attitude.

Ashram Family