

Stillness in the Wild

Packing Checklist

13–15 November 2026

Crossroads Getaway, Denkanikottai
Tamil Nadu, near the Karnataka border

A suggested list to help you pack with ease. Tick each item as you pack. Please leave valuables and unnecessary belongings at home, and keep room in your bag for the return journey.

01 Clothing & footwear

- ☐ Comfortable clothing for yoga, meditation, and time outdoors
- ☐ Warm layer or shawl for cool mornings and evenings
- ☐ Footwear suitable for walking on natural terrain
- ☐ Swimwear — only if you wish to join the pool-based aqua sound session, subject to the final arrangements

02 Everyday essentials

- ☐ Reusable water bottle
- ☐ Personal medication and basic toiletries
- ☐ Phone charger and any personal devices
- ☐ Notebook and pen for reflection exercises
- ☐ Sun protection for time spent outdoors — hat, sunglasses, sunscreen

03 Before you travel

- ☐ Registration confirmation and a photo ID
- ☐ Arrival planned between 3:00 and 4:30 PM on Friday, 13 November, ahead of the 5:00 PM opening circle
- ☐ Departure arranged for after checkout on Sunday, 15 November, by 12:00 noon
- ☐ Travel directions and the venue map saved offline or printed

A detailed packing list will be shared with registered participants before the retreat. Please write to us on WhatsApp with +91 63610 54656 if anything on this list is unclear.