



HEAL FARM

HIMALAYAN ECO ALTERNATIVE LIFESTYLE FOR
AGRICULTURE RECREATION AND MEDITATION

We can choose our baggage, here are some suggestions :-)

List of personal articles you should consider carrying

- blanket, bedsheet* (optional)
- sleeping bag* (optional)
- pad lock
- yoga/exercise mat
- rain gear/ umbrella
- rechargeable torch
- a water bottle
- swimwear
- natural body oils
- natural mosquito repellent
- hiking shoes
- sandals
- tooth brush and personal toiletries
- personal medical supplies
- biodegradable sanitary napkins/ tampons
- warm clothing (check the weather update for the area)
- a smile

List of articles you should consider not carrying

- arms and ammunition
- chemical substances/ products
- drugs, nicotine and caffeine
- a frown

WE LOOK FORWARD TO RECEIVING YOU WITH OPEN HEARTS