



		HOME C HECKLIST		TI	RAV	/EL	CHE	CKL	ST		
	_	ange for care of pet(s),	lawn and ho		772						
	Stop routine deliveries (milk, newspapers, mail, etc.)					Eliminate possible fire hazards (unplug appliances) Lock windows, garage and doors					
		n down thermostat	п, потгорарс	ro, man,		Empty refrigerator					
Leave keys and itinerary with a friend/neighbor						Store valuables in a safe place					
\bigcap	Bο	ok airport taxi/train tick	ets								
=	Enquire about any traffic jam / train delays on your air					PRECAUTIONARY					
Make your home seem lived-in while away by putting lights and radio on timers To-Do LIST											
make your nome scom fived in white away by putting lights and radio on timers											
		PASSPORT		TRANS	PORTATION	TICKETS	+ AIRLINE CA	RD(S) UPGRAD	DES		
)RK					FICIENT AMOUNT OF CASH						
M	ı	CREDIT CARDS	INSURA	RANCE: TRIP CANCELLATION/ MEDICAL							
ER						VENT RESERVATIONS (Art, Popular Festivals, Sporting Events)					
AP						PERSONAL IDENTIFICATION DOCUMENTS					
TRAVEL JOURNAL, PEN PHOTOCOPIES OF KEY DOCUMENTS											
	Appropriate Luggage Laptops					Reading Materials BAGGAGE					
	Appropriate Clothing Notebook, Mo			k, Mobile	obile Phone Scarf / Bandanna And						
	Swimming Costume Camera				Cap / Brimmed Hat or Visor BELONGINGS						
	Comfortable Footwear Adapters + Mobile			le Chargers							
	Rain Protection Power Bar			Banks	nks Batteries			for Camera + Flashlight			
	Sunglasses Memory Cards / Pen				Pen Drives	Pla	aying Cards /	Games			
									-2	2	
[First Aid Kit Contact			ntact Lens	ct Lens Preparation			M EDICATION	V I		
Medicines Spe			pectacles				16				
Insect Repellent Personal Prescription								€	T A	V	
41	4/(1										
	, ا	Comb /			Deodora	ant / Perfu	ımes 🗀	Ear Buds			
110	Comb / Brush Toothbrush / Paste Dental Floss			Lip balm			Personal Hy	giene Items			
40.	Dental Floss					naving Cream Lotions / Creams					
4	Shampoo Sha						Trimmer _	Sunscreen,	After-Sun Lotio	n	
_									MAINTENAN	CF	
						Nail Clipers					
Mini Sewing Kit (place in checked baggage) Camera Lens Earplugs / Earphone											
		Comm					ms will be ava	ailable at			
			A	/URDH	IAMA A	YURV	EDA				
Old Gate, Sullia, Dakshina Kannada, India 574 239											

www.ayurdhama.com

+91-9880 464 302





OTHER THINGS & POINTS	Have you missed out anything? List them here							
AT AYURDHAMA								
AVAILABLE AT C ENTRE	We'll make you comfortable through out your stay here in our centre.							
24 Hours FREE Wi-Fi	Refrigerator							
🐼 Tea Kettle	Television							
Medicated Bathing Soap	Mineral Water							
🚱 Hair Dryer	24 Hours Hot-Cold Water							
International Power Sockets	Laundry (On Request)							

AIRPORT

90 KMs. Mangalore International Airport [IXE] 138 KMs. Kannur International Airport [CNN]

182 KMs. Mysore Airport [MYQ]

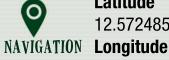
342 KMs. Kempegowda International Airport, Devanahalli, Bangalore [BLR]



RAILWAY STATIONS

37 KMs. Kabaka Puttur Railway Station [KBPR] 48 KMs. Subrahmanya Road Railway Station [SBHR] 60 KMs. Kasaragod Railway Station [KGQ]

85 KMs. Mangalore Railway Station [MAQ]



Latitude 12.5724854 75.3861881

HAVE YOU ANY QUESTIONS?

AYURDHAMA AYURVEDA

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