

Vasudevananda Charitable Organization Inc.

A Registered Non-Profit Organization, Tax ID: 46-1228530 Inc.: 3523070
2255 S Donovan Way, San Ramon, CA 94582, USA
Phone: (781)-333-4332



Manidweepa Mahasansthan, Naidupeta, Nellore Dt., A.P., India

2020 Navaraathri (INDIA) Travel Guidelines

Please follow these precautions (Do's and Don'ts) while traveling to India for Navaraatri during these COVID times. It also lists items to carry along with you that can come handy along with links to buy at Amazon.

DOs:

1. Wear a Face-mask all the time to cover the Mouth and tip of the nose
2. Wear a Face-shield all the time to cover the eyes and forehead
3. Use disposable seat and armrest coverings; clean your airline seat and armrests with sanitary towelettes first;
4. Wear disposable gloves all the time
5. Carry pocket-size hand sanitizer
6. Carry no-touch infrared non-contact thermometer and other first-aid items listed below
7. Carry toilet tissues, napkins, and paper towels etc. as needed
8. Carry a few pairs of socks and a warm blanket; change to a fresh pair of socks before getting out of each airport
9. **Water:** Buy sealed water bottles at the airport
10. **Food:** Pack food to eat onboard; food items like chapatis and curry or mixed rice usually last for a few hours without refrigeration. Also, pack some dry fruits and snacks as needed
11. **Upon landing:** Clean your luggage handles with antiseptic wipes before hauling
12. **Taxi/Car:** Clean your taxi/car seats and door handles with antiseptic wipes

DON'Ts:

1. Do not to use the socks, blankets, head-phone or napkins provided by the flight crew
2. Do not drink the water served in the plane, unless it is a sealed water bottle
3. Avoid eating food served onboard

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Toilet Area Precautions:

1. Wear gloves during the toilet-use and dispose them before stepping out; use fresh gloves when returned to the seat
2. Use the disposable toilet seat covers before using the toilet
3. Use your own mini portable travel soap or travel soap paper sheets to wash your hands in the restrooms

First-Aid Kit+:

1. Pack a travel size first-aid kit
2. Get a prescription for a 10-day supply of antibiotic from your physician
3. Pack some Tylenol, Advil, Neosporin ointment, Hydrocortisone cream, and a small scissors
4. Don't forget to include your prescription medications, if any

As a general recommendation, travel time is an excellent opportunity for a spiritual journey (upavasam/japam) or a rest/relaxation journey!

Links to the recommended Items in Amazon.com:

[Disposable Face Mask](#)

[Cloth Face Mask](#)

[Face Shields](#)

[Disposable Toilet Seat Covers](#)

[Airplane Seat Covers & Tray Table Covers](#)

[Dental Kit](#)

[Antiseptic Wipes, Headrest cover, Face Mask](#)

[Sterile Kit to wipe tray table etc](#)

[Dre Health Powder-free Disposable Gloves](#)

[Pocket size hand sanitizer](#)

[Travel size sanitizing wipes](#)

[No touch infrared non contact thermometer](#)

[Travel Soap paper Sheets](#)

[Vaseline Lip Therapy Advanced Formula](#)

Om Shakti

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Om Shakti

Amma's Holy Blessings To All conscientiously Blissful Souls