

PARTICIPANTS CHECKLIST – NATIONAL YOGA CAMP 2019

Things to BRING

Things To Bring	Checked (√)	Notes
Eating and Drinking Utensils		
Water bottle		
Cup & Plate		
Fork & Spoon		
Clothing (for 1 week staying)		
10 x T-shirts		
5 x Pairs of track bottoms / Pants (comfortable)		
1 x Pair of shoes (sports / school shoes) & Slipper		
2 x Pair of socks		
5 x Hangers		
Plastic bags		
Toiletries		
Tooth brush, Toothpaste, Soap & Shampoo		
Towel & Toilet rolls		
Comb & Talcum powder		
Sanitary napkins		
For Bathing & Washing Clothes		
Plastic pail, Water dipper, Cloth washing brush, Soap powder		
Stationeries		
Notebook		
Pen, Pencil, Colour pencil		
For Bedtime		
2 x Pairs of pyjamas & Sweater		
1 x Blanket & Sleeping pillow		
1 x Insect / Mosquito repellent		
Sleeping mattress/ bag/ mat		
If Any Medical Situations / Allergies / Medications		
Medicine (if needed)		

Things to AVOID

Things To Avoid	Checked (x)	Notes
Junk foods		
Valuable items (such as money, jewels, watches, etc)		
Perfume		
Hand phones		
Laptop, iPad		
Electronic games & Card games		
Any electronic items		
Sharp objects (such as scissors, knife, metal rulers, etc)		

Note 1

The Malaysian Yoga Association (MYS), will NOT be responsible for any lost belongings. Note that, the organisation reserves the right to check the bags of the participants, at the reception upon arrival.

Note 2

Please bring photocopy of Identification Card (IC) / MyKAD, if it was not attached on the camp registration form.