

## **TMNP - VAMA Overnight Workshop 2019**

### **Things to bring:**

1. One cloth set
2. Bedding (Warm)
3. Night Dress
4. Towel
5. Pair of sport shoes and slippers.
6. 1 lit. water bottle
7. Handy notebook, pen and pencil.
8. Cap or Scarf
9. Warm Cloths
10. Tooth Paste & Brush
11. Personal Medicine (If any)
12. NO Mobile
13. NO Money
14. No personal food (Chocolates, biscuits etc.)
15. Odomos
16. Plate & Bowl for eating