



## What you will need in Setrawa

1. Sleeping bag- It's one of the most important things you'll need for the year in India. You'll need for sleeping on the roof top, for traveling and of course for the cold nights in winter.
2. Hot-water bottle- It will get really, really cold during the winter nights in Setrawa!
3. Hindi book- If you want to learn Hindi in your freetime, a Hindi book is a good idea to bring with you. Especially because not everyone is able to speak fluent English.
4. Hand-fan- Useful during powercuts.
5. Fleecejacket, sweater, socks- For the winter season (November, December, January, February).
6. Headlight- Also useful during powercuts, so you can still read a book or get ready for bed.
7. Cover for your laptop- There's lots of dust in Setrawa, which comes into your room.
8. Fennel tea- Especially in the beginning, your stomach might go crazy, and it's difficult to find any fennel tea in India, so it's a good thing to bring some with you.
9. Flip Flops- As slipper for inside the stone house.
10. Birkenstocks- Just a suggestion, because Birkenstocks are really comfortable for walking in the sand.
11. Soap bubbles, hair decoration, sweets from your home etc.- As a present for the children and women in the center.
12. Pills/medicine- In case of diarrhea, sore throat, stomachache etc.
13. Mosquito spray- But normally there are not many mosquitos in Setrawa
14. Camera- For taking pictures in Setrawa, you will need it for sure
15. Rehydration sachets- You might get diarrhea in the beginning, because it's a big challenge for your body to handle the different food. Also you might need these sachets in the summer, when it's getting way too hot.
16. Vaseline (you also can buy it in Setrawa)- For your feet, those will get cracked and dry by all the sand. Also for the winter it's very good for your dry skin.
17. Last but not least: Kurta, Leggings, Salva (trouser) and Dupatta (a thin scarf to cover your décolletage). You have to wear a Kurta, any kind of long trouser (has to fit to the kurta) and a dupatta. You're not allowed to wear any other clothes outside, besides you won't feel comfortable being outside without these clothes.
18. Hobby- You should bring some books for reading or an instrument, any kind of hobbies, things you'd like to do in your freetime.

In conclusion there's no need to worry about anything. You can get most of the items you need in Jodhpur like hygiene articles, muesli, toilet paper, snacks and so on. You can even get swiss chocolate, cookies, Nutella, cakes and more.