



Four Winds Asia

Healing & Therapy Camp

(With Culture Preservation & Community Service)

What to bring to the camp

- Towel
- Sun cap
- Nose Mask
- Torch light
- Power Bank
- Toilet paper
- Sleeping bag
- Steel Tea Mug
- Warm Clothes
- Pillow (Optional)
- 1 liter water bottle
- Personal Medicines
- Loose cotton trousers
- Sunscreen/ body lotion
- Camping Mat (Optional)
- Personal Hygiene and sanitary
- Rain Coat/ Umbrella (Optional)
- Blanket/ Sleeping Bag/ Bed Cover
- Full sleeve light color cotton shirt/top
- Trekking Shoes/ running shoes + Slippers
- Reasonable pair of clothes to change into



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