

HEALTH & MEDICAL

If you have specific medicines, which you know you need, please bring those with you.

Important - please ENSURE that you get health & accident insurance for the duration of your stay in India. This type of insurance does not cost a lot, and in the unlikely event that something untoward occurs during your stay here, this will be needed. Please note that IofC will not be able to cover costs for medical emergencies, so please be aware that this will be your responsibility.

Covid mandate: You may be required to provide a Covid Vaccination certificate at the airport or railway station.

FOOD & WATER

Three meals a day, as well as tea twice a day, will be provided.

The food at Asia Plateau is mainly Indian-style food and predominantly vegetarian. If you have any specific meal requirements, please do share that with us.

ACCOMMODATION

Accommodation includes bedding and a towel; bring your toiletries and other personal items.

You will be sharing your bedroom and washroom with one other participant.

CLOTHES/DRESS CODE

Please bring warm clothes as the evenings and early mornings can get quite cold. Do bring walking shoes too.

WEATHER

Panchgani is at a height, and temperatures vary depending on the season. It does get quite hot in summer (April-May), where temperatures can reach the late 30s. In the monsoon months (June-August), it cools down a little with the rains. September to November can be warm (up to the early 30s) but cool in the evenings. In winter (roughly December-February), temperatures at night could go to 15 degrees Celsius, but during the day, it can go up to the early 30s.