

SACRED INDIA PILGRIMAGE

Pre-Trip Checklist • October 5–21, 2026

Items marked *SEND* → must be emailed to Deidre at dn@deidrenorman.com

FORMS & DOCUMENTS

☐	Medical Form — completed and signed	SEND →
☐	Liability Form — completed and signed	DOCUSIGN
☐	Clear copy of the signature and bio/photo pages of your passport	SEND →
☐	Photo meeting passport picture requirements <i>JPEG format required</i>	SEND →
☐	Clear copy of your existing Indian visa stamped page in your passport, OR a PDF copy of your ETA (Electronic Travel Authorization) <i>ETA applies to newly approved e-Tourist visa applications</i>	SEND →

HEALTH & MEDICAL

☐	Visit your doctor — Diamox prescription (optional) and any vaccines (optional) received <i>Diamox helps with altitude adjustment; discuss with your doctor</i>
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PAYMENT & TRAVEL DETAILS

☐	Final payment made	
☐	Flight information — arrival in India	SEND →
☐	Travel insurance — signed up, and policy information sent in	SEND →
☐	Phone number <i>The number you will be reachable at during travel</i>	SEND →

LET DEIDRE KNOW

☐	Do you need a ride from Delhi to Rishikesh?	SEND →
☐	Would you like a sleeping bag?	SEND →

Questions? Contact Deidre Norman • dn@deidrenorman.com