



PACKING LIST



Clothing:

- Comfortable yoga clothes
- Light, breathable clothing for warm weather
- Layered clothing for cooler evenings
- Swimsuit
- Comfortable walking shoes or sandals
- Sleepwear

Personal Items:

- Passport/ID and travel documents
- Travel insurance
- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Sunscreen
- Insect repellent
- Hat and sunglasses
- Personal medications
- Journal and pen
- Small backpack or day bag
- Reusable water bottle

Optional Items:

- Personal Yoga Mat (mats are available on site)
- Meditation cushion
- Camera or smartphone for photos
- Book or e-reader
- Essential oils or personal care items for relaxation
- Small towel for sweat

Specific to Location:

- Beach towel
- Flip-flops and water shoes
- Snorkeling gear (if planning to snorkel)
- Light rain jacket or umbrella

