

WELLNESS RETREAT PACKING LIST

CLOTHES

- Comfortable yoga or workout attire
- Lightweight, breathable tops
- Yoga pants or leggings
- Light jacket or sweatshirt
- Casual outfits for leisure time
- Swimsuit
- Sleepwear
- Underwear and socks
- Flip flops or sandals
- Comfortable walking shoes

IMPORTANT DOCUMENTS

- Passport and/or driver's license
- Travel insurance information
- Visa's if applicable
- Retreat itinerary
- Emergency contact information
- Medical information

ACCESSORIES

- Yoga mat
- Water bottle
- Sweat towel
- Sun hat
- Sunglasses
- Meditation cushion
- Eye mask and earplugs
- Journal and pen
- Backpack or tote bag
- Jet&Bo cashmere travel wrap

NOTE

- Pack clothing and items that promote comfort and relaxation.
- Consider the activities and workshops offered at the wellness retreat when packing.
- Check if the retreat center provides towels and linens to reduce packing bulk.
- Leave space in your luggage for any wellness products or souvenirs you may purchase during the retreat.
- Remember to disconnect from technology and embrace the retreat experience fully.

TOILETRIES

- Shampoo and conditioner
- Hair styling products
- Moisturizer
- Toothbrush, toothpaste, and floss
- Sunscreen
- Razor and shaving cream
- Deodorant
- Essential oils
- Makeup

MEDICAL

- Prescription medications
- Pain relievers
- Plasters
- Hand sanitizer
- Insect repellent

ELECTRONICS

- Tablet
- Smartphone
- Headphones or earbuds
- Charging cables for all devices
- Converter, if traveling internationally
- Portable charger