Sample Packing Checklist

GENERAL

- ⬡ Pajamas
- ⬡ A Few Under Garments & Socks
- ⬡ 2-4 Tops
- ⬡ 1-2 Pairs ofJeans & Shorts
- ⬡ 1 Dress or Formal Outfit
- ⬡ 2 Sets of Workout Clothes
- ⬡ 1 Pair of Good Walking Shoes
- ⬡ 1 Pair of Dress Shoes
- ⬡ Toiletries
- ⬡ Feminine Products
- ⬡ Makeup Bag
- ⬡ Water Bottle
- ⬡ Blanket or Comfort Item
- ⬡ Phone & Chargers
- ⬡ Wallet with RFID Protection

IMPORTANT DOCUMENTS

- ⬡ Photo ID/ Passport or Visa
- ⬡ Boarding Pass
- ⬡ Travel Insurance
- ⬡ Emergency Contact Information

ACTIVITIES

- ⬡ Hiking Shoes & Backpack
- ⬡ Reef Friendly Sunscreen
- ⬡ Raincoat /Lightweight Jacket
- ⬡ Favorite Journal & Pen/Pencil

RETREAT SPECIFIC ITEMS

- ⬡ 3-5 Crystals (Spiritual Pilgrimage)
- ⬡ Laptop (Business Retreat)
- ⬡ Beach Items (Women's Circle)
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- ⬡
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NOTES

This is just a sample packing list. You will receive a detailed list curated specifically for your retreat after you have registered. There is still plenty of time to secure anything you will need for your retreat. Thank you, Amazon!