

RETREAT TRAVEL CHECKLIST

CLOTHING & ACCESSORIES	✓
Underwear	
Socks	
Bras / Sports Bras	
Sleepwear	
T-shirts & Trousers	
Yoga / Pilates wear (3-5 sets)	
Casual Wear / Sun dress	
Jumpers / Sweaters	
Swim Wear	
Leisure Shoes / Sandals	
Hiking Boots / Trainers	
Beach Wear (sarong, cover up)	

MISCELLANEOUS	✓
Mobile Phone	
Laptop/Tablet or Journal	
Good Books	
Medications	
Euros / a little spending cash	

TOILETRIES	✓
Toothbrush & Toothpaste	
Medication	
Deodorant	
Body Wash	
Facial Cleanser	
Shampoo	
Conditioner	
Hair Brush	
Styling Tools	
Facial Cleanser	
Sunscreen	
Moisturizer	

CARRY-ON ITEMS	✓
Travel Pillow	
Eye Mask	
Earplugs / headphones	
Tissues	
Passport	