

Packing List & To-Do List

Important Stuff:

Passport

ID

Itinerary

Phone

Wallet with Cards

Journal & Pen

Yoga Mat

Yoga Strap

Yoga blanket

Yoga block (optional, recommended if your legs or back tend to feel tight)

Glasses, sunglasses, contact lenses & solution

Sunscreen

Toiletries & personal care items

Daypack backpack

Refillable water bottle

Flashlight or headlamp

Medicine

Extra cash

Clothing:

-Comfortable, casual clothes and shoes to travel and walk around in

-Yoga clothes

-Shorts or pants for hiking –look for quick dry material

-Lightweight shirts to hike in

-Hiking boots

-Lightweight hiking socks

-Bathing suit/s, coverup, poolside shoes

-towel and/or sarong for the pool and beach

-hat

-undergarments

-layers if it gets chilly

-something nice to wear for a couple nights dining out and just because

-Raincoat or windbreaker

Little optional extras:

A good book

Essential oils

Eye pillow

Crystals

Dry brush/tongue scraper/neti pot or any other ayurvedic tools

Binoculars
First Aid Kit

Other Important Things:

Let your bank card company know that you will be out of the country.

Set up different data plan for international calling. Sometimes your phone company will give you temporary international calling.

OR

Install WhatsApp which is an app that you can use WITH other WhatsApp users. So anyone you would like to be in contact with during your trip could install WhatsApp and you can text, video call, and voice call.