

Retreat Packing List

🌿 It's advised to check the forecast before you leave to be as prepared as possible

Travelling Essentials

- Passport
- Tickets/Boarding Pass

Clothing - Less is more! You won't need as much as you think, so ditch the 'just in case mentality and follow these guidelines when packing for your yoga retreat.

- Undies/Bras/Socks
- Overnight Items
- Yoga Pants
- Lightweight Tops
- Layering Tops – Bring one or two for downtime and cooler days. Cardigan, hoodie, or long sleeve tops for layering over your lightweight yoga tops.
- Lightweight Rain Jacket – its Ireland...so this is a must
- Footwear - Walking Shoes/Sandals/Casual Day Shoes

Toiletries

- The Basics – shampoo, conditioner, and soap.
- Toothbrush & Toothpaste
- Deodorant
- Sanitary Items (if anticipated)

Other Handy Items - We will offer some downtime to explore the local area, or just relax. Here are a few handy extras you may need to make the most of your retreat.

- Local currency for incidentals/optional extras
- Mobile phone charger
- A good book
- Healthy snacks for travel
- Sunhat/Sunglasses
- Reusable water bottle
- Hair ties
- Contact lenses/glasses
- Band-aids/antihistamines/prescribed medications