

# Sea, Sky & Self Retreat

## SUGGESTED PACKING LIST



## Clothes

Cozumel is VERY casual in terms of clothing, so when packing for the retreat, just think comfort. Of course, if you want to dress up, go for it. However, fancy is *never* a requirement on this island.

- Bathing suit (rashguard if you own one)
- Beachwear (pareo, swimsuit cover, etc.)
- Sundresses
- Lightweight t-shirts / tanks
- Lightweight long pants
- Shorts
- Sunhat / cap
- Yoga clothes (any comfortable lightweight clothes will do for yoga, no need to get anything special)
- Lightweight jacket / sweatshirt / rain jacket
- Sandals / flip-flops
- Sneakers (maybe)
- Underwear

## Travel Essentials

- Passport
- Travel insurance (recommended)
- Sunscreen (can be purchased here)
- Bug Repellent (can be purchased here)
- Medications / vitamins (if needed)
- Snorkeling gear (if you have your own)
- Water socks / shoes (recommended)
- Water bottle (recommended)
- Toiletries
- An extra pair of prescription glasses / contact lenses (if applicable)
- Sunglasses (recommended)
- Yoga mat (if you have one)
- Swim goggles (if you have them)
- Swim buoy (if you have one)
- Phone/Tablet (if needed) + chargers (same plugs as in the US)
- Headphones (if needed)

