



## YOUR PACKING LIST

### WHAT TO BRING

As you get ready, we would like to offer some suggestions about what to bring. The number one suggestion is not to over pack! We do not offer a laundry service, due to the water shortage on the island, so bring only what you feel necessary for a week.

- Clothes that you can stretch and breathe in.
- Bring layers and some warm clothes as it will get cooler in the evenings and mornings. In April, May, September and October bring a sweater or jacket. It may also rain during these months, so warm closed shoes and a rain jacket could prove useful.
- Prescription and OTC medications. There is a pharmacy in the local town, but this is a boat ride away on the mainland so please make sure you have enough for the duration of the retreat.
- Bathing suits, sunglasses, sunscreen (No P20 please) & flip flops or any amphibious / beach shoes (although we do supply beach shoes for you to use).
- Adaptors for your electrical equipment. We have standard European two-pronged plugs.
- Walking / running shoes.
- Sun hat - we do have extra for you to use whilst with us.
- A book or two to relax with. We do have a small library with lots of good reads.
- Alarm clock to get up for your morning yoga practice
- Camera with extra memory cards and binoculars if you wish.
- Ear plugs if you are a light sleeper. We are in nature, so some sounds may be unfamiliar. In August, there are a few night spots on mainland that play music into the night.

\*\*Cash: Kindly arrange Euros before you leave. There are ATM machines available at the Airport, but NOT at the bus station or in the local village, so please make sure you have enough cash for your travels, bus fare, any optional therapeutic practices as offered by the teacher above and for the local products for sale at our market day.

### WHAT NOT TO BRING

- Yoga props (we have plenty of mats, blankets, blocks, straps and meditation cushions)
- Laptop computers as we have no Wi-Fi.
- Credit cards – we don't have facilities for these
- Snorkelling gear or beach shoes, as they are supplied, however if you wish to bring your own you are welcome to do so.
- Hairdryers or any other large electrical equipment as we run off solar power.
- Soap and shampoo - we provide you with 100% natural biodegradable products that we ask you to use as we recycle our water for irrigation.
- Mosquito repellent as we supply natural repellent on the island, as well as plug in mosquito repellent and mosquito nets. However if you are very prone to being bitten, please bring what works for you, but PLEASE NO DEET.
- Please don't bring any self-tan or P20 (which is a specific product)
- Towels - we will provide you with a bath towel and beach wrap to use on the beach.