

Wine & Wellness Retreat Packing List

Narbonne, France • September 23–28, 2025

Pack with intention — and with room for wine souvenirs

Wardrobe Essentials

- Lightweight layers— Earlymornings and evenings can be cool; think breathable cardigans, light jackets, or a chic wrap.
- Vineyard-ready outfits — Sundresses or breezy pants with a stylish top, paired with comfortable walking shoes or sandals.
- Evening dinner looks — Elevated but effortless: bring one dressier outfit for fine dining.
- Yoga + movement wear — 2–3 sets of activewear for morning yoga.
- Spa day comfort — Swimsuit(s) for spa pools + a light cover-up(s).
- Cooking class casual — Something you can move in but still feel cute in photos.
- Boat cruise attire — Casual-chic with a layer for evening breezes.
- Sleepwear — Whatever helps you feel relaxed.

Shoes

- Comfortable walking shoes (sneakers or sturdy sandals)
- One pair of flats or low wedges for dinners out
- Flip-flops/slides for spa day

Accessories

- Sunhat or wide-brimmed hat
- Sunglasses
- Lightweight scarf or wrap
- Small crossbody or hands-free bag for excursions

Self-Care & Toiletries

- Yoga Mat
- Refillable water bottle
 - SPF
 - Skincare Staples

Travel Essentials

- Passport & Health Insurance Card
 - Phone, Charger & Power Adapters
 - Day Pack/Tote for Outings
 - Light Jacket For Rain (unlikely!)
 - Small Laundry Bag