

Journey Of You Retreat

Yoga, Meditation and Art Retreat

Recommended Packing List & Suggestions

Travel Documents

- ☐ Passport
- ☐ Flight info & boarding pass
- ☐ Credit card and/or debit card
- ☐ Driver's license (for additional photo ID)
- ☐ Photocopies of your travel documents
- ☐ Save this phone number:
 - ☐ **Megan 602-616-7186**
 - ☐ **William 623-521-1949**
- ☐ Some Mexican pesos - can be exchanged at the airport in Puerto Vallarta, rates are not likely to be much better in town. (optional)
- ☐ Luggage tags & locks (optional)

Additional NOTE: Since meals and airport transportation are paid for as part of our group reservation, you don't need to carry much cash with you. There are banks/ATMs in Sayulita and many of the shops accept VISA/Mastercard if you'd like to shop for souvenirs or anything else.

We do recommend planning to leave a cash tip of \$175 USD per guest for Haramara staff at the end of the retreat if you feel the service was good. Tips are evenly split between dining room staff, housekeeping, kitchen cooks, servers bringing our drinks poolside, the workers carrying luggage to/from our rooms, groundskeepers, etc.

Suggestion: Bring \$325 USD. Set aside \$175 USD for staff gratuity and have the other \$150 USD for anything that comes up (shopping, spa gratuity etc). Option to exchange \$50 or so at the PVR airport to have some pesos for the week, this is helpful for town shopping and shuttles to and from Sayulita.

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Clothing

- ☐ Yoga/athletic clothing
 - Think light-weight as it will be warm and humid.
- ☐ Underwear
- ☐ Bathing suits (plural!) Pack a few - this is your primary attire for the week!
- ☐ Swimsuit cover ups - very useful for throwing over your bathing suit and going to the restaurant for sit-down meals
- ☐ Casual daytime attire (shorts, tanks, t-shirts, etc)
- ☐ **(OPTIONAL)** Vintage or Hawaiian attire for the last night
 - For our Poolside Soiree - think 60's glamorous tiki party. You can get really into, throw on an aloha shirt/kafta or you can also wear whatever you find comfortable.
- ☐ Summer/vacation dress or attire
 - In the event you go out for drinks or live music in Sayulita one night and want to dress a little fancier (also completely optional!)
- ☐ Sleepwear - light & comfy
- ☐ Shawl or light sweater
 - Perhaps SPF shawl because it serves double purpose as you can use it for sun protection and to keep warm on the flight
- ☐ Socks
 - You'll mostly be in sandals/barefoot but pack a few pairs in the event you get inspired to go on a hike or long walk or zipline adventure
- ☐ Sneakers you don't mind getting dirty for going on a hike (or walking the property which can feel like a small hike). Required for Zipline Adventure!
- ☐ Flip flops/sandals
 - For downtime and relaxing by the pool, or at the beach
- ☐ Casual day shoes
 - To wear on the plane or for exploring the town of Sayulita (maybe this is the sneakers/sandals you already packed)
- ☐ Hat
- ☐ Sunglasses

Moral of the story:

- Mexico is mid to high 80s at this time of year, so keep your clothing light and breezy!
- Our advice here is less is more! You won't need as much as you think.

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You do have optional laundry service through the retreat center, at your own cost. You can also do light washes of your gently used clothing in your bathroom sink or shower.

- Long clothing or light colored shoes will have a lot of contact with the dirt paths and will be hard to keep clean.

Non-Clothing

- ☐ Sunscreen
- ☐ Aloe Vera
- ☐ Insect repellant, bug bracelets, etc.
- ☐ Ointment for potential mosquito bites
- ☐ Flashlight or headlamp
 - You will need this for getting around the resort at night.
 - This is crucial as the resort has no electricity in the rooms.MAGICAL!
- ☐ Extra batteries for flashlight or headlamp
- ☐ Medication
- ☐ Toiletries (toothbrush, toothpaste, shampoo/conditioner, Q-tips, deodorant, hairbrush, cleansers, chapstick, etc.)
- ☐ Books & magazines & Kindle
- ☐ Journal/pen
- ☐ Fanny pack/small backpack
- ☐ Beach bag
 - You'll need something to throw your sunscreen, book, cover up, etc when you hang out at the pool/beach
- ☐ Water bottle
 - A must! Water is provided in all rooms, dining hall, and around the retreat at all times. A close top bottle allows you to have water on your person. Maybe one that keeps colder longer.
- ☐ Phone & Charger
- ☐ Battery operated fan. Very Highly Suggested! (It may be warm at night. If you love an extra breeze or prefer to fall asleep to the oscillating sounds, this is a great)
 - [Fan that connects to a separate battery bank](#)
 - [Fan that has a built in battery bank and light](#)
- ☐ Battery bank
- ☐ Item of Significance (see below)

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Additional Note: **Please bring 1 small item of personal significance to you.**

Anything that represents you, what matters to you, where you've been or where you're going in life. We will use this item for our opening circle – you get to take it home with you. If the item that popped into your mind just now was something you prefer not to travel with, or cannot, please take a physical photograph to bring.

DO NOT BRING

- ☐ Yoga mat, blocks, bolster
- ☐ Food, snacks, etc - you will not go hungry at Haramara!
- ☐ Hair dryers/curlers
- ☐ Electric shavers
- ☐ Laptop computers (unless necessary)

Additional Note: There is no electricity in the casitas. You will not be able to charge personal electronic items in the casitas. Phones can be charged at the restaurant/ lobby. Since we will be in the jungle, your phone service is not guaranteed but can usually be found in areas around the retreat. Calls can be made and strong WiFi is available in Sayulita, a short 15 minute walk away (or 4 minute cab ride).

You are welcome to bring your own yoga mat, although the retreat center has great quality Manduka mats for us to use. And provide all other props we need.