

Discover Bali

Packing & Preparation Guide

Bali Yoga Retreat Packing List (8 Days)

A curated guide for comfort, ease, and mindful travel

Bali is warm, humid, and spiritually oriented, with yoga practice, temple visits, nature excursions, and relaxed coastal time. Pack light, breathable, and versatile items.

Yoga & Wellness Essentials

Reusable water bottle (insulated recommended)

Small towel for practice (quick-dry recommended)

Eye mask for rest, flights, or meditation

Journal and pen for reflection or intention setting

Reusable tote or day bag for excursions

NO NEED TO BRING A MAT. Our retreat home will be providing mats and blocks for our yoga experience.

Clothing (Bali Climate Ready)

4–6 casual warm-weather outfits (linen, cotton, breathable fabrics)

4-5 sets of lightweight yoga clothing (tops, leggings, or shorts)

1–2 light layers for early morning or evening practice (wrap, sweater, or light cover-up)

1–2 dressier outfits for dinners or ceremonies

Lightweight long pants or skirt for temple visits

Layers for our excursion to Mount Batur. It will be cold in the early morning.

1–2 swimsuits

Light cover-up or sarong (useful for temples and beach)

Lightweight cardigan or shawl for air-conditioned spaces

Underwear and sleepwear for 8–9 days

Sun hat

Footwear

Comfortable sandals for daily wear

Walking shoes or sneakers for excursions and uneven terrain

Flip-flops for pool or beach use

Toiletries & Personal Care

Reef-safe sunscreen

Lip protection with sunscreen

Insect repellent

Basic skincare essentials (cleanser, moisturizer, etc.)

Shampoo and conditioner (travel size or refillable bottles)

Personal hygiene items

Hand sanitizer and travel wipes

Any personal medications (with prescriptions if needed)

Small first aid kit (pain reliever, bandaids/plasters, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, insect repellent, sewing kit, extra prescription drugs you may be taking)

Travel Documents & Essentials

Passport (valid for at least 6 months beyond arrival)

Printed and digital copy of e-VOA approval, customs declaration and tourist levy

Travel insurance documents

Flight itinerary (arrival and return)

Emergency contact information

Credit/debit cards/cash (notify bank of international travel)

Technology/Entertainment

Phone and charger

Universal travel adapter (Type C/F in Indonesia)

Portable power bank

Headphones

Book or e-reader

Optional: camera

School Supplies

We will be visiting a local school for the community engagement element of our stay in Bali. If you are able please bring some school supplies to share with new Balinese friends. Details to follow.

Optional Items

Lightweight scarf or shawl for temples and sun protection

Travel umbrella or light rain jacket

Book or e-reader

Snacks for the airplane

Plastic bags to place wet items in

Laundry bag (to separate clean and dirty clothes on the way home)

Sunglasses

Money belt for safekeeping while traveling

Packing Philosophy

Pack light and intentionally. Focus on breathable, versatile pieces that support movement, comfort, and simplicity.

Cultural Dress Guidelines

While Bali is relaxed and welcoming to visitors, it is still important to dress with cultural awareness and respect, particularly when visiting temples, local villages, or participating in group excursions.

We recommend packing clothing that is modest, lightweight, and breathable, both for comfort in the tropical climate and to honor local customs.

Temple & Cultural Site Visits

When visiting temples or sacred sites, more conservative dress is required. Participants should ensure:

Shoulders are covered

Legs are covered below the knee (sarong often provided or recommended)

Clothing is neat and respectful in appearance

A sarong or light scarf is highly recommended for ease of temple entry.

Preparation Notes

Packing recommendations may be updated periodically as retreat details evolve. Guests will receive any important preparation updates and travel reminders closer to departure.