



SOUL TRIPS | PACKING LIST + HELPFUL TIPS

Here are a few recommendations for your packing list. Over the years we've found this list to be helpful for our travelers when packing for a Soul Trip

FOR YOUR FLIGHT

Snacks for the plane. Not the most healthy option but just so you know, you can buy instant noodles and ask for hot water in the plane. It makes for a full meal instead of buying expensive peanuts in the plane. :)

Drink lots of water to minimize jet lag and tiredness. You can bring an empty water bottle and fill it up at the drinking fountains at the airport.

Blanket if you are like me (always cold)

A pen. To fill out any immigration paperwork they give you before your arrival.

Face Mask

IN YOUR SUITCASE

CLOTHING ITEMS	OTHER ITEMS
Swim wear.	Phone / Charger. Check with your service provider about charges while roaming.
Closed toe shoes for walking & volunteer work.	Mosquito repellent.
Light jacket in case of rain or windy nights.	Hat, sunglasses, sunscreen.
Comfy clothes for yoga classes, walking, etc.	Toiletries. Hair drier if you normally use one.
A set of clothes that can get dirty, for the volunteer activity.	Yoga mat, or we can provide one for you. (Fees apply)
Any medication you might need during your stay with us.	
Towels will be provided.	

HELPFUL TIPS

MONEY EXCHANGE: I recommend you to go to your local currency exchange at home and ask for money from the country of destination. It might not be the best exchange rate but at least you know you'll arrive with money in your pocket in case you need it. Sometimes the exchange places at the airport are closed.

CREDIT CARD USE: Your expenses will be minimum while you are with us as everything is included except for your personal souvenirs, optional activities and therapies, and covid test (If you need one to return home) I would avoid using your credit card in small local stores. I recommend using cash. If you are planning to use your credit card, make sure your bank is aware of your trip, sometimes they block purchases while clients are traveling.

TIPS: The airport transfer drivers are getting paid for their work. It is not an expectation to tip them. **Please consider tips for the hotel/Retreat Center's house keepers** when budgeting for your trip, just like you would in any other hotel.