



———— Spring Equinox Align + Shine | Costa Rica ————

Packing List

Likely you've traveled before. You know the deal. And you can trust that.
But if you'd like a little bit of support, here ya' go!

Daytime temps: 85 - 95

Evening temps: 75 - 85

Casual summer attire - including a light wrap for evening.

Active wear is recommended. We will be practicing yoga, planting trees + hiking.

Closed toe shoes for hiking. Flip flops or sandals otherwise.

Sun screen is a must.

A reusable water bottle that you can carry when you hike. Or a camel bak.

Bug spray is handy. So is hand sanitizer.

A journal + pen. You're welcome to bring an object for the alter.

Yoga mats + all props are provided.

Swim suit + cover-up. Towels are provided.

Bring a day pack for hikes + outings.

Your personal care items + supplements/medications.

Your phone + phone charger.

You'll want cash/cards for any wine, meals, incidentals + tips not covered by the retreat. The retreat center sells necessities like toothpaste should you need that.

Please do not bring any valuables.