

Retreat Ready Check-list

WHAT SHOULD I BRING WITH ME?

- A good inspirational book which you might read or share
- A pen
- Refillable water bottle - most airports now have water refil stations so you can take your bottle through security when it is empty and fill it up in the departure lounge. Just think 1 less plastic water bottle!
- Appropriate clothing for the country/weather
- A few changes of yoga wear
- Appropriate footwear
- Ear plugs

UK RETREAT CHECKLIST

- Yoga clothing
- Comfortable clothing/warm clothing depending on the time of year
- Slippers/sliders
- Swimsuit/beachwear/wetsuit
- Beach/Lake towel - bath towels are provided
- Raincoat
- Walking boots
- Small day backpack
- blanket/shawl for savasana
- Eye pillow - buy a yogastarr one here!

GREECE RETREAT PACKING & CHECK LIST

- | | |
|--|--|
| <input type="checkbox"/> Yoga clothing | <input type="checkbox"/> Have you got insurance? |
| <input type="checkbox"/> Light clothing for hot weather (light cardy/jacket) | <input type="checkbox"/> Have you sent your flight details to Ali@yogastarr.co.uk |
| <input type="checkbox"/> Swimsuit | <input type="checkbox"/> Do you need to book an airport transfer? Please let Ali know |
| <input type="checkbox"/> Beach towel - bath towels are provided | <input type="checkbox"/> Are you staying on before or after the retreat? |
| <input type="checkbox"/> Beach shoes/wet shoes | <input type="checkbox"/> Is your passport in date? |
| <input type="checkbox"/> Sunhat | <input type="checkbox"/> Are there any vaccinations required before traveling to Greece? |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Do you have an EHIC card? |
| <input type="checkbox"/> Suncream | |
| <input type="checkbox"/> Mozzispray | |
| <input type="checkbox"/> Toiletries/accessories | |
| <input type="checkbox"/> Eye pillow - buy a yogastarr one here! | |
| <input type="checkbox"/> Day bag for the beach | |
| <input type="checkbox"/> Travel Plug/chargers | |
| <input type="checkbox"/> Euros | |
| <input type="checkbox"/> Space to bring home a souvenir | |

