

Retreat Packing Checklist

CLOTHING

- Comfortable Clothes
- Workout Clothes (Gym Onsite)
- T-Shirt/Tank Tops
- Under Garments
- PJ's
- Jacket, Sweater, Wrap
- Bathing Suit/Cover Up (Salt Water Pool)

PERSONAL/IDENTITY

- Credit Card
- Photo ID
- Back up Credit Card

FOOTWEAR

- Sneakers (Gym)
- Flip Flops (Pool)

LINENS

- Favorite Blanket & Pillow

MISCELLANEOUS

- Favorite Water Bottle
- Cell Phone Charger

TOILETRIES

- Toothbrush/Tooth Paste
- Soap/Shampoo/Conditioner
- Brush/Comb
- Hair Accessories
- Deodorant
- Face/Body Cream
- Essential Oils
- Medications

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CHECKED IN

- Organize Clothes & Toiletries
- Review Itinerary
- Plan Me Moments

