

## Checklist: What to Pack for a Healing Holiday

- Active clothing
- A light cardigan or fleece to wear in morning yoga or meditation
- A pair of warm socks for morning meditation
- Sarong
- Bathing suit
- A light cardigan or fleece to wear in morning yoga or meditation
- A pair of warm socks for morning meditation
- Casual clothing that's comfortable and versatile
- Indoor running shoes
- Hiking boots
- Casual flip flops and sandals
- Sunglasses
- Eye contacts
- Reading Glasses
- Eye Mask
- Medication
- Medical Report
- Journal and Pen
- Phone
- Charger
- Headphones
- Music
- Reading material
- Hairpins/ties
- Headbands
- Watch
- Sun Hat
- Skin Care
- Toiletries
- Passport
- Visa