

[I'M] ENOUGH ALREADY!

PUERTO VALLARTA RETREAT 2023

RETREAT PACKING LIST

PACKING SUGGESTIONS (Many suggestions are optional based on your needs)

Notebook and pen(s) – You will be provided with a retreat workbook and pen, but if you prefer to keep everything in a personal journal, feel free to bring it

Medications/supplements, contacts, etc.

Waterproof sunscreen

Bug Spray containing DEET **(IMPORTANT!)**

Snorkel (if you have one already)

Sun hat

Headsets to listen to music on devices

Earplugs

Passport (You may also want to scan a color copy and leave at home. We also highly suggest having an additional copy with you to take out and about so you can leave the original in your room.)

CLOTHING RECOMMENDATIONS:

Casual daywear (shorts, dresses, jeans, beachy stuff) – For our sessions, feel free to dress how you are most comfortable

Remember to bring layers - It can get cold with the air-conditioning

Dressier clothes for dinners (slacks, nice shirts, dresses – NOTE: Don't stress about getting all fancy [unless you want to.] Just be aware that beach attire is typically not accepted at most restaurants.)

Flip-flops

Bathing Suit

Comfortable shoes

Sunglasses

CHECK YOUR INTERNATIONAL CELL PHONE COVERAGE

Our resort offers complimentary WIFI, but it would be smart to check with your mobile carrier to ensure you don't incur surprise charges.

GET SUPER PUMPED! WE'RE GOIN' TO MEXICO, BABY!