**Clothes**

Quick dry is going to be the best, especially when hiking the trails. Consider this when packing your undergarments as well. Thin wool socks like smartwool or hiking socks will be better than cotton. Cotton takes forever to dry and is not recommended for hiking. Bamboo is a comfortable alternative to cotton if you are looking for garments that are breathable. You might want to consult with an outfitter when selecting items.

We recommend that you have a good pair of hiking boots or shoes. Some trails have leaf litter and young palm trees come out of the ground at a very sharp point that could cut your foot. Although it will be warm, sandals might not be enough for rugged trails, especially if your feet get wet.

Hiking sandals like keens, vibrams toe shoes, or other water shoe are really great for the waterfall hike and for beach, creek, and tidal pool exploration, or if you decide to add an adventure on your free time like kayaking or water rafting.

Yoga clothes, undergarments, shirts, tanks, pants, shorts, hat, hiking boots, sandals or flipflops, bathing suit(s), 2 beach towels, sleep wear, sundress, microlight rain coat that you can stuff into your day pack on a hike.

**Hygiene**Small toilet/bathroom bag with your personal care items, such as toothbrush and toothpaste, floss, razors and shave needs, contact lens and solution, glasses, mouthwash, shampoo and conditioner, bar of soap, face wash, washcloth or loofah, deodorant, hairbrush, hair ties, feminine hygiene products, a few clothes pins to hang your suit, towels, and wet items, a plastic bag to pack any wet items into when you return, and whatever else you might need. It is always a best idea to secure your liquids in a freezer bag to not risk them opening into your suitcase on your dry clean clothes. Remember that your ability to carry on liquids is very limited on airplanes, so put it in your checked bag.

In yoga and Ayurveda, daily practices to benefit your well-being may include a neti pot with neti salt, a dry brush, oil pulling, tongue scraping, or the use of body oils and herbal-infused or essential oils. If you would like to incorporate some of these practices in your routine, you can purchase most/all of these items at a health store. Chenoa and I can assist you on how to properly use such items.

**Health**Insect repellent, sunscreen, lip protection, miniature first aid kit to keep in your day pack, medicine, medical bracelet, epi pen, etc.

**Documents**Passport, Insurance card, Cash, Credit/ATM, Driver’s License, Address/phone list of contacts (keep this on you at all times), luggage tags.

Idea: If you go into a running store you can get an emergency tag that runners wear on their shoelaces which has their important info like blood type, medical condition, name and emergency contact, etc, and secure it onto your hiking boots or your day pack

**Electrical stuff**Cell phone, chargers, camera (maybe a waterproof one), batteries, small flashlight, head lamp, ipods and pads and earphones. Or, leave everything like this behind and enjoy being unplugged for a while ☺

**Miscellaneous**A little kit that has some clothes pins and a small line. You can get these at any five and dime type of place, and they are really great for helping you air out your towels, bathing suits, and clothes.

Day pack backpack

 A pillow from home if you like yours best

Entertainment during free time: book, headphones and ipod…

 Sunglasses

snorkel, diving mask and fins if you want to play around nearby the house, or go check out other areas to snorkel. You can rent these in town too, however size availability or quality may not always be what you expect.

Water bottle

**Yoga equipment**Must: yoga mat and a Mexican falsa (saddle) blanket or a wool blanket from an army surplus store

Optional items: yoga block (especially if you’re more of a beginner or to accommodate if you have tight hamstrings), yoga straps, extra blankets, yoga mat bag

Notes:

Remember whatever else you think you’ll want to bring☺
Remember to let your bank know you are going to be out of the country otherwise they may be suspicious of the international activity and freeze your card/account
Remember to check and set up a temporary ability for your phone to do international calling if you want. Set it up before you enter the country
Let us know about any serious relevant medical conditions, such as anaphylaxis, diabetes, etc.