



## **Packing Checklist:**

- Valid passport (minimum 6 months validity)
  - Swimsuit
  - Sarong
  - Rashguard for surfing
  - Sandals
  - Sneakers (if participating in hiking)
  - Light long pants
  - Light long sleeve shirt
  - Reef-safe sunscreen and zinc
  - Deet-free bug spray
  - Cortisone for bug bites
  - Yoga clothes you feel most comfortable in for hot weather
  - We will have Alo yoga mats and blocks on site for use, but if you prefer your own mat make sure to pack
  - Reusable water bottle
  - Hat
  - Toiletries
  - Book for downtime
  - Medications
  - Rapid BinaxNOW Home Tests (2 just in case).
  - Cash for your tourist visa (\$10), your remaining balance, massages, tips, and if we go for drinks. The nearest ATM is 40 minutes away. Both USD and Cordobas are accepted everywhere.
- \* For your room, we've got you covered with sheets, pillows, blanket, and towels.
- \* The weather during the day is hot, but at night it can sometimes cool down, so we recommend packing a long sleeve shirt or light sweatshirt.