



Recommendations



WHAT TO BRING

- Lightweight clothing
- Yoga mat
- Sunscreen
- Snacks
- A reusable water bottle
- Beer & Wine (*not included*)
- Bug spray

TRAVEL INSURANCE

We recommend purchasing travel insurance. We don't offer refunds for weather delays or other last minute situations.

EXCURSIONS

Activities such as zip lining, hiking, paddle boarding, surf lessons, ATV tours and massages can be added for an additional charge with the personal concierge service. To schedule these additional activities please contact Rebecca at rebecanh@gmail.com. *Please schedule your excursions on Wednesday.*

MASSAGES

You will be able to schedule a massage as we approach the retreat date. The massages are AMAZING!

CASH

Most places accept credit cards. However, massages and other additional expenses (transportation, tips, etc...) must be paid in cash so it's a good idea to bring extra. The local ATM machine dispenses local currency and only accepts Visa cards.