

Yoga in Paradise with Rob & Kirsten – Mexico 2020

What to Bring

The climate along the west coast of Mexico is comfortably warm and sunny for most of February. Be prepared for variances in temperature and possibility of precipitation.

Here is a list of items to pack that will help to make your retreat comfortable.

- Passport (essential) & other ID
- Health & Travel Insurance documents
- Comfortable clothes for yoga, outer layers for early morning practise and cooler evenings
- Yoga mats are provided however you may want to bring your own
- Closed-toe shoes in case you decide to do jungle excursions or hikes
- Sandals, beach shoes (something that is OK to get sandy or wet)
- Bathing Suit & cover-up or sarong
- Pajamas / sleep clothes and shower shoes
- Sun Glasses & Sun Hat
- Sunscreen and insect repellent
- Rain Jacket
- Toiletries
- Re-fillable water bottle
- Long pants and shirt with long sleeves
- Notebook or Journal and pen
- Flashlight, headlamp or cell phone flashlight
- Cell phone & charger
- 3 to 2 prong adapter (Mexico uses the same voltage as Canada)
- Some type of alarm clock (if not cell phone)
- Any prescriptions and supplements
- Glasses and/or contact lenses
- Earplugs and or eye mask
- Reading material
- Healthy snacks (nuts, granola bars, etc.)
- Cash for tips in small bills (US\$ are accepted almost everywhere, but it is unlikely that change can be made. So you may want to bring some Mexican pesos)