



WHAT TO BRING

Mandatory items

- Money for purchase of personal items and extra therapies & activities if so desired
- Water bottle suitable for daily use
- Sturdy, well broken in walking shoes/boots and/or sandals
- Enough of your medication for the entire trip in your carry-on bag, **not** packed in your luggage
- Epi-pen if you require one
- Your prescription glasses
- A journal to write in
- Beach & river towel (the provided bathing towels **may not** be taken to the beach or river.)
- Headlamp or flashlight for walking to cabinas at night

Recommended items

- A lightly packed bag
- A hat for sun protection
- Bug repellent
- Sunscreen
- Sunglasses
- Travel pants that you feel good about sitting on the earth with.
- Layers to accommodate any situation. If your physical body is comfortable you may find it easier to deal with your internal processes.
- One nice outfit to wear in town for restaurants.
- Earplugs – in case you have a roommate that snores
- Poncho or rain jacket for rain
- Camera
- Alarm clock to be on time
- Copy of your passport facepage (the page that has your picture on it) as well as two passport photos in case your passport is lost or stolen! This is critical when traveling.