



FEED YOUR SOUL RETREAT PACK LIST

IMPORTANT

- \$1 EURO = \$1.1 USD
- Bring cash if you'd like to purchase local goods, hire additional services or activities and/or tip any of the staff. They do not accept USD in Portugal. We recommend exchanging any cash you would like to bring at your local bank prior to arriving in Portugal to ensure you get the best exchange rate.
- GRATUITY: It is the local custom to simply round up on your bill. 5-10% is customary if you received exceptional service.
- **Be sure your passport DOES NOT expire in less than six months from the retreat!**
- Photocopies of passport in case you lose it
- A copy of the retreat center's address on your phone or written down for customs officer while acquiring your visa:
 - Villa Vale a Pena - Carvoeiro, Rua Vale de Lapa 26, 8400-121 Carvoeiro, Portugal
- An open heart and a reverence for the sacred XOXO

CLOTHING

In October, the average daily temperature in The Algarve ranges from a mild 59°F to a comfortable 73°F. Think layers! The average sea temperature in Algarve, Portugal in October is 70°F.

- Colorful nicer outfit for closing dinner ceremony
- Headlamp or flashlight
- Socks
- Hiking shoes/sneakers
- Sandals
- Comfortable clothes, including light long sleeves and long pants
- Jacket for the mornings and evenings
- Sweaters & sweatshirts
- Yoga & exercise attire
- Rain jacket



- Sun hat
- Swimwear
- Sunglasses
- Wetsuit if you plan to surf or paddle board

BATHROOM

- Reef-Safe Sunblock
- All-Natural Insect repellent
- Your Toiletries
- Ibuprofen (pain reliever), allergy medicine if you suffer from allergies
- Dramamine if prone to seasickness
- Pepto Bismol (just in case)
- Any other prescriptions you may need

OTHER

- Camera
- Tapestry or blanket to lay on on the beach
- Manduka yoga mats, blocks & straps are all available at the center. Feel free to bring your own if you'd like.
- There is space for outside food/drink available in the kitchenette in each suite. (Remember that you will have to check your bag if any liquids are over 3oz.)
- Anything else you might want to help enhance your experience!