

# ☸ Packing List ☸

## WHAT TO BRING

### *Required*

Cash (USD) and working credit card (we do not accept American Express)  
Valid passport that does not expire within 6 months of your return date  
Proof of return travel: flight or bus ticket departing Costa Rica within 180 days of arrival.

### *Suggested*

- Tropical weather clothing
- Yoga attire
- Shampoo, conditioner, and body wash (we do not provide personal-hygiene products)
- Beach towel (we provide room towels for in-room use only)
- Swim suit and beach ware
- Sunblock
- Hat and sunglasses
- Beach bag
- Sneakers, hiking shoes, Chocos or Teevas for walking
- Rain coat if traveling during rainy season (July-October)
- Insect repellent
- Refillable water bottle
- Yoga mat / anti-slip towel
- Medications and/or health aids such as anti-diarrhea, anti-nausea, electrolyte powder, Advil, etc.)
- Journal and pen
- Chargers for electronics

### *FAQs*

*Do I need a converter for my phone charger?*

Costa Rican power outlets are compatible with North American (US/Canada) electronics.

*Should I bring my nice clothes?*

Playa Negra has a very casual, surf town feel to it. Think jungle vibes. No need to bring formal attire, nice jewellery, nor heels.

*Do you have laundry service?*

Yes, the price is \$12/laundry load

*Do I really have to bring my own yoga mat?*

We have a limited amount of used yoga mats available on property. If a high quality yoga mat is important to you, we recommend that you bring your own mat or yoga towel. We have plenty of yoga props (blocks, straps, bolsters) available for your use.

*How much cash should I bring?*

This depends on the experiences you book during your stay. At Peace Retreat, excursions, ceremonies, and gratuity are cash only. Charges such as lodging, food and spa can be charged to a credit card. However, if paid by cash instead of card, there's a 6% tax savings. Additionally, it's recommended to bring enough cash (USD) for the duration of your stay, as there is no ATM in Playa Negra.