

Packing List

Your guide on what
to bring for your
stay at Peace Retreat



Required

- Cash (USD) and working credit card (we do not accept American Express)
- Valid passport that doesn't 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 Packing List

- 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

FAQ's

- *Do I need a converter for my phone charger?* Costa Rican power outlets are compatible with US/Canadian 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 jewelry, or 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 limited yoga mats for use. Therefore, we recommend that you bring your own yoga mat. We have yoga props (blocks, straps, bolsters) for use, should you wish.
- *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. The benefit of paying cash is that you're not required to pay the full tax amount. The full tax amount will be applied to all credit card payments. Bottom line, it's recommended that you bring cash because there is no ATM in our town, some experiences require it, plus you save on the taxes