

## Yoga Packing List

*Check off each item and you will have everything you need for the week on board. Do not bring hard luggage because we don't have any room to store hard luggage. Please pack your items in a duffel bag or small soft suitcase. Pack light! This is a very casual ship and 90% of the time you will be in your bathing suit or shorts and T-shirts enjoying the out islands of the Bahamas. You may want to bring one set of "going out" clothes for a night out in town. But again, the island is very casual.*

- Passport**
- Cash** for taxi fare (around \$25) + Bahamian Departure tax \$35 (often this is already included in your ticket) + cash or credit card for 1 evening meal out on one of the quaint islands.
- Yoga Mat
- Comfortable yoga workout clothes
- Wide brimmed hat for sun protection. It is helpful if it ties around your chin to stay on while sailing.
- Sunscreen lotion – The sun is intense, so get something with high protection. You don't want to burn and be uncomfortable!  
**DO NOT BRING SPRAY SUNTAN LOTION!** You will NOT be allowed to use it on board.
- Polarized Sunglasses
- Long sleeved light weight shirt for sun protection while beaching and hiking
- Some type of beach walking/hiking water shoes that won't matter if they get wet
- Beach towel—don't bring a real thick towel because it will take along time to dry. Bring something that dries quickly. This you will use on deck as you come out of the water. We provide a towel and wash cloth for your shower at the end of the day.
- Swim suits
- Swim shirt—some kind of light weight shirt you can wear while your snorkeling so you don't sunburn your back!
- Shorts, T-shirts, tank tops, sundresses, underwear (comfortable lightweight clothes for the week)

- Casual go out to dinner clothes for a night out
- Large-mouth water bottle, with carabineer clip, to carry with you for hikes on the islands. It is very important to keep hydrated. See picture.
- Toiletry Items – toothbrush, toothpaste, shampoo, lotion, razor, soap, deodorant, etc.
- Medication you need for the trip. And maybe swimmers ear drops and aloe lotion.
- Camera - besides your regular camera, you might want to bring an underwater camera. Bring the charger.
- Light rain jacket
- Small Flashlight
- We can hook up your iPod or Phone for music to our speakers—bring the charger.
- Hooded sweatshirt or jacket for warmth—for Spring charters only

**Optional Items:**

- Yoga blocks if you need them for your practice. I do have 1 set of blocks.
- Good book to read

We provide sheets and pillows, 1 shower towel and wash cloth. Please pack in a soft duffle bag or smaller suitcase. We do not have room to store big suitcases on board. Pack light—you don't need much!! If you need any guidance in packing ask Ann Marie. After leading 7 years of Yoga charters on board, she is a professional in what/how to pack. She brings everything she needs for the week in one backpack!

**We have 110 AC electricity** – You can easily charge your camera and phone batteries.



Water bottle with caribeenner