retreat | recreate
Islands of Indonesia: 9-24 July 2027
SUGGESTED PACKING LIST

Note: this is a guide only and is not intended to be a complete personal packing list. Please also refer to the "What to bring" section of the Trip Notes

Luggage
- A small lockable suitcase with wheels/bag/backpack
- A comfortable bag/daypack to carry water, sunscreen, phone etc. for day trips and **to function as an overnight bag on day 12 & 13**
- Please pack lightly as the included luggage allowance on our day 16 internal flights is limited to a maximum of **10kg checked luggage and 7kg hand luggage**
- **Note:** Please ensure that your luggage is clearly labelled.

Travel Documents.
- Passport - valid for at least 6 months beyond the duration of your trip duration, with at least 2 spare pages available
- Visa requirements for Indonesia as per your nationality – please check with your local consulate or HERE
- A printed or saved copy of the barcode issued upon completion of your online e-Arrival card within 3 days prior to your arrival in Indonesia
- The Bali International tourist levy of IDR 150,000 may be paid online prior to arrival at the link above, or upon arrival at Denpasar airport
- Travel insurance details: including insurer details, 24 hr emergency contact telephone number and policy number (even if you are travelling with credit card insurance).
- Photocopies of your important documents – to be kept separately from the originals. We recommend you keep an extra copy at home and also email a copy to yourself.
- Spare passport photos - we recommend you carry at least one.

Money
- Money – cash/credit cards
- Money belt, pouch or neck wallet
- XE or other smartphone App for currency exchange rates
- Please refer to the MONEY section of the TRIP NOTES for more information, including details of tipping & tips kitty

Note: Don't forget to advise your bank of your travel dates and destination to avoid having your credit card cancelled when your first use it overseas.

Travel Accessories
- Reading material
- Water bottle/filter bottle - refill as we travel
- Local language phrase book or use smartphone app
- Mobile phone – please refer to the PHONE & INTERNET section of the Trip Notes. Power bank, charger cables etc
- Electrical adaptor plug – Type F has two round pins
- Pen & paper or Journal/diary
- Travel pillow
- Cloth/reusable shopping bag to reduce plastic - a retreat|recreate cloth tote provided on Day 1
- Torch/flashlight – or use smartphone app
- Retractable walking pole/s – useful for extra stability and support on uneven ground and when we are on our feet all day.
- Your own stash of toilet paper – many public and private bathrooms do not provide paper.
- Hand sanitiser – be sure to wash this off before dyeing workshops as it can affect dye results.
- Your own preferred tea bags and/or coffee.

Sleeping
- Sleepwear
- Alarm clock – or use smartphone app
- Eye mask
- Ear plugs - particularly when sharing a room
- Sarong – useful as a top sheet

Personal Health
- First aid kit – bandaids, tweezers, bandages etc
- Personal medication/prescriptions – refer to page 2 of the Trip Notes re illegal medications
- Prescription glasses/contact lenses & solution
- High protective sunscreen (min. 30+)
- Lip balm/lip salve
- Sunglasses
- Facemasks - N95 or KN95 recommended
- Rapid antigen Covid and Influenza A&B tests (RATs) x 2-3
- Insect repellent (DEET based)
- Antihistamine/insect bite cream
- Antiseptic for cuts and scrapes eg. Betadine
- Antibacterial cream/gel/wipes
- Anti-fungal cream
- Throat lozenges
- Pain relief eg. Aspirin, paracetamol
- Anti-inflammatories eg. ibuprofen
- Anti-malarial pill (if recommended by doctor)
- Rehydration powder eg. Gastrolyte, Hydralyte
- Anti-nausea, travel sickness tablets, ginger tablets
- Anti-diarrhoea pills (consult your doctor for advice)
- Anti-constipation tablets

NB – We strongly recommend that you bring ALL items on the above list plus any additional personal requirements. We also request that you carry these items with you at all times during our tour. We are prohibited by law from dispensing any medication including over-the-counter pharmaceuticals. We are also unable to provide enough band-aids, rehydration tablets etc. for the whole group… so please be sure to bring and carry your own supply of all items mentioned above.

Clothing - Refer also to the **Trip Notes**
Easy to wash and fast-drying clothes are a good choice.
Dress conservatively, in comfortable, loose-fitting clothing in light weight, natural fabrics (eg. cotton/voile which breathe in warm weather) and covering shoulders to ankles.
- Loose, cotton pants
- Skirts/dress (not short) – to mid-calf as a minimum
- T-shirts/cotton shirts
- Long sleeved top for evenings (when mosquitos are out)
- Underwear and socks
- Wide brim sun hat
- Light shawl for visits to religious sites, additional sun protection and in air-con vehicles
- Small umbrella (useful for sun and rain) or a light-weight waterproof jacket/poncho
- Light cardigan for cooler evenings
- Comfortable sandals and/or walking shoes
- Swimming costume/bathers
- Sarong and/or light top/dress to wear over bathers when not in pool and to use as a top bed-sheet
- Toiletries
- Plastic bags for dirty clothes, wet bathers, shoes etc
- Travel washing line and biodegradable detergent