

Recommended Packing List

📍 Playa Blanca

📄 ESSENTIALS & DOCUMENTS

Passport

Plus 2 Photocopies

Travel/Medical Insurance

Digital & printed copies

Credit & Debit Card

With cash withdrawal option

Cash | USD \$300 – \$1,000

Meals, gratuities, Shipibo market

Cash | Remaining retreat balance

If applicable, in like-new USD bills

✨ CEREMONY & SPECIAL ITEMS

Sun hat/scarf/bandana

For after the last ceremony (Arcana)

Red-light only flashlight

LED red light for ceremonies

Notebook/Journal & pens

For journaling during your process

Earplugs & sleeping eyemask

For afternoon & sharing space

Hand Fan

Fold-out/Manual only

👕 CLOTHING

Casual/active hot-weather attire

Enough for 6–8 days. Laundry available

Breathable long-sleeved shirts

1–2 shirts

Loose & breathable pants

1–2 pairs

Swimming gear & cover-up

1–3 pairs

Warm sweatshirt/long layers

For cool nights & ceremony

Rain jacket or poncho

May through Dec (rainy season)

Sneakers/walking shoes

Comfortable for trails

Sandals/flip-flops

Light footwear

🧰 PROTECTION & CARE

Insect repellent

Natural only - no DEET

Sunscreen

SPF 30+ | the sun is very strong here!

Small first-aid kit

Scrapes, dust, bug bites

Necessary medications

Approved during intake process

🗂️ DAILY USE

Reusable water bottle

Filtered water provided

Personal watch

Non-smart, for ceremonies & digital detox

Toiletries

Daily care items

Power adaptor, if needed

Our plugs are type A/B - USA/Canada standard

Questions?

If you have questions about safety, preparation, or eligibility, our team is available to guide you with care and clarity.

Contact Our Team



Scan to Contact Us