

International TRAVEL CHECKLIST



Passport: Make sure it's valid for at least 6 months beyond your planned return date.

Visa: Depending on your destination country, you may need a visa to enter.

Travel Insurance: Accidents and illnesses can happen anywhere.

Cash: Make sure you have some local currency on hand for when you arrive.

Credit/Debit Cards: It's always a good idea to have a backup payment option.

Phone Charger/Adapter.

Medications: Make sure to also bring copies of your prescriptions just in case.

Toiletries.

Comfortable Clothing/Shoes.

Travel Pillow/Blanket: These can help make the journey more comfortable.

Bring printed copies of your itinerary, hotel reservations, and any other important travel documents.

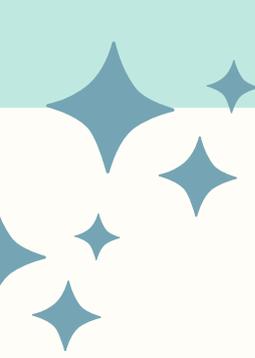
Camera: Capture memories of your trip with a camera or smartphone.

Language Dictionary.

Sunscreen: Protect your skin from harmful UV rays while enjoying the outdoors.

Snacks: Traveling can be tiring and it's always good to have some sustenance on hand.





La Vita Lenta Retreat PACKING LIST

- Lightweight, breathable layers (linens, cotton, flowy fabrics)
 - Casual chic outfits for daytime exploration
 - One elevated outfit for a special theme night (e.g., “White Night” or “Amalfi Citrus Soirée”) TBA
 - Comfortable walking shoes for cobblestone streets
 - Flat sandals or slip-ons
 - A swimsuit or two (for lounging or spa/hotel pool)
 - Light scarf or shawl (useful for sun, wind, or church visits)
 - Evening wrap or light jacket for cooler nights
 - Pajamas and loungewear
 - Undergarments and socks
 - Sun hat or wide-brimmed straw hat
 - Sunglasses
 - Toothbrush, toothpaste, shampoo, conditioner, deodoran
 - Sunscreen (high SPF recommended)
 - Bug spray or wipes
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La Vita Lenta Retreat PACKING LIST

 Hydration face mist or moisturizer Any prescription medications or supplements Feminine products (if needed) Mini first-aid items: Band-Aids, motion sickness meds, etc Journal (or the one we'll provide you!) Pens, markers, or creative tools Favorite book ofor reflection time Water bottle (refillable) Earbuds or headphones (for personal reflection or travel) Phone + charger Portable battery pack Camera or Polaroid (if desired) Adapter for European plugs (Type C or F) Ziplock or cloth bags for souvenirs or laundry



La Vita Lenta Retreat PACKING LIST

Optional But Magical

A small token or gift from home to share (we'll explain why later 😊)

Favorite herbal tea or travel snacks

Italian phrasebook or app like Duolingo

🚫 Leave Behind:

Heavy luggage (opt for carry-on or light packing where possible)

High heels (Sorrento's charming streets are made for flats!)

Overpacked schedules—this is your time to slow down and savor.

