

# PACKING LIST FOR SPAIN 2019

## CLOTHING

- 2 tank tops
- 6 T-shirts
- 3 pairs of shorts
- 3-6 outfits for yoga
- 1 pair of gym pants
- 1 pair of jeans
- 1-2 long sleeve shirts
- 1 bathing suit (if you'll be spending lots of time at the beach, consider bringing 2)
- 1 pair of walking sandals
- 2 bras
- 4-6 pairs of socks
- 7-10 pairs of underwear
- 3-4 sundresses
- 1 sarong
- A light scarf
- Sunglasses
- Daypack or travel purse

## TOILETRIES & MEDICAL ITEMS

- Shampoo, conditioner, soap/shower gel
- Lip balm
- Lotion
- Razor
- Deodorant
- Toothbrush and toothpaste
- Bug repellent
- Sunscreen
- Tampons/Pads
- Hair brush and hair ties
- Prescription medications
- Basic first aid items – Band-aids, wound cream, etc

## YOGA

- 1 Yoga Mat
- 1 Yoga Rug
- 1 Yoga Bag

## SHOES

- 1 pair of sneakers
- 1 pair of flip flops
- 1 pair of Texas sandals (or something similar that can get wet and are comfortable)

## ELECTRONICS

- Laptop (optional)
- Camera & memory cards
- Kindle
- iPod
- Batteries, chargers & cords
- Plug adapter
- Dry Bag for boating trips

## OTHER ITEMS TO PACK

- Travel towel
- Hat
- Day Backpack
- Passport (make sure it's valid for at least 6 months past the end of your trip and has plenty of empty pages)
- Eye mask and ear plugs
- Padlock
- Travel insurance
- ATM cards & small amount of cash
- Tissues (you can always pick these up) on arrival)