



SISTER SOUL TRAVEL GUIDES

Pack Peace, Not Panic

A calm, practical packing list for your Sister Soul retreat.

The Sister Soul Packing Checklist

☐ Comfortable walking shoes	☐ Phone charger
☐ Lightweight layers	☐ Portable charger
☐ Sweater for cool evenings	☐ Small crossbody bag
☐ Refillable water bottle	☐ Favorite book
☐ Journal	☐ Comfortable dinner outfit
☐ Bible or devotional (optional)	☐ Workout clothes
☐ Medications	☐ Pajamas
☐ Sunscreen	☐ Slippers
☐ Hat	☐ Umbrella
☐ Swimsuit (if applicable)	☐ Snacks for travel

TeTe Tip

Don't pack for Instagram. Pack for comfort. Cute is optional...comfortable is mandatory.

A Note from Sonya

I know that saying yes to yourself isn't always easy. Whether this is your first retreat or your fifth, I'm honored that you're considering spending this time with us. My hope is that you arrive carrying only what you need and leave carrying a little more peace than when you came. We'll be waiting to welcome you.

- Sonya
Founder | Wellness Guide | Sister Soul