



SISTER SOUL TRAVEL GUIDES

Weather Without Worry

What to wear and bring when the forecast changes its mind.

Check the current destination forecast before you travel. Then pack for comfort, not worry.

SUNNY DAYS

Choose breathable layers, sunglasses, and comfortable shoes. Carry water and take shade breaks.

COOL EVENINGS

Bring a light sweater, wrap, or cardigan so you can stay comfortable without leaving the moment early.

RAIN

Pack an umbrella and comfortable shoes with reliable traction. A light rain layer can protect your plans and your peace.

OUTDOOR ACTIVITIES

Bring a hat, sunscreen, refillable water bottle, and bug spray if needed.

A Gentle Reminder

Weather changes. Your final retreat email will include destination-specific guidance, but layers are almost always your friend.

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