



WOMAN EXPLORE

# Packing List

## DEBRA MORRISON, WE CAN DO IT WOMEN'S WEALTH & WELLNESS RETREAT

When packing for San Diego in March, focus on versatile layers to keep comfortable in the mild spring climate.

Opt for lightweight clothing for daytime activities and a jacket or sweater for cooler mornings and evenings.

Choose pieces that can be mixed and matched to create different outfits throughout your trip. This is a suggested packing list, so feel free to adjust it based on your personal preferences and planned activities.

### Tops

- Lightweight t-shirts (breathable and comfortable)
- Long-sleeve shirts (for sun protection or cooler evenings)
- Blouses or button-up tops (versatile for casual or dressier occasions)
- Lightweight jacket or jumper for cooler evenings

### Bottoms

- Shorts and activewear for daytime activities, including walking and cycling
- Trousers, pants or jeans for around the hotel
- Skirts or dresses for warmer afternoons and evenings

### Other Clothes

- Underwear (enough for your trip duration)
- Bras (including a sports bra for outdoor activities)
- Socks (lightweight and breathable)
- Swimwear
- Pyjamas or sleepwear

### Shoes

- Flip-flops or sandals (easy to slip on and off for beach or pool visits)
- Comfortable walking shoes (for exploring)
- Sneakers or closed-toe shoes (for active activities like hiking and cycling)
- Dressier sandals or shoes (for group dinners or cocktails)

### Accessories

- Sunglasses and a sun hat (to protect against UV rays)
- Lightweight rain jacket or travel umbrella (just in case)
- Scarves or a shawl (for added comfort or color)
- Reading glasses (if necessary)
- Jewellery (simple pieces for versatility)
- Notebook and pen (for capturing ideas during workshops)
- Tablet or laptop (optional, for digital notes or leisure use)
- Travel adaptors (if needed for electronics)
- Reusable water bottle

### Miscellaneous Items

- Medications (including prescriptions and over-the-counter essentials like pain relief, antacids or motion sickness remedies)
- Personal hygiene items and toiletries
- Makeup and beauty products
- Sunscreen and insect repellent
- Basic first-aid kit (band-aids, antiseptic wipes, etc.)
- Ziplock bags (for storing wet clothes, toiletries, or snacks)
- Travel pillow, eye mask and ear plugs (for comfort during flights)
- Passport and travel documents (if traveling internationally)
- Travel insurance information
- Emergency contact details
- Cash (U.S. dollars) and credit/debit cards