



WOMAN EXPLORE

Packing List

TASMANIA RETREAT, FRIENDLY BEACHES LODGE

The lodge has you covered with walking essentials such as a day pack, high-quality waterproof jacket, hiking poles, and a first aid kit carried by your guides. Feel free to bring your own if you prefer, but rest assured, these items will be provided for your convenience.

This is a suggested packing list, so feel free to adjust it based on your personal preferences.

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 yoga
- Trousers, pants or jeans for around the lodge
- Skirts or dresses for warmer afternoons and evenings

Other Clothes

- Enough underwear for the duration of your trip
- Bras, including a sports bra for walking and yoga
- Swimwear
- Pyjamas or sleepwear

Footwear

- Walking boots with good ankle support or sturdy comfortable walking shoes for exploring
- Sandals or shoes for travelling, dinner and the boat cruise
- Lightweight shoes for around the lodge
- Socks, including walking socks

Accessories

- Sunglasses and sun hat
- Lightweight rain jacket or travel umbrella (the lodge provides waterproof jackets if necessary)
- Scarves or shawl for adding a pop of colour or an extra layer if it gets cooler
- Swimwear for water activities (is applicable)
- Jewelry and a watch that doesn't require charging, as there are limited charging points in the lodge
- Notebook and pen for journalling
- Travel adaptors (if necessary)
- If you would like to bring your own yoga mat and blocks you're welcome to, otherwise these will be provided on-site if you don't
- Reusable water bottle

Misc Items

- Any medications you require, and it's always good to include medication for travellers ailments such as motion sickness
- Personal hygiene items and toiletries
- Make up and any beauty products
- Insect repellent and sunscreen
- Basic first-aid kit (incl pain medication)
- Ziplock bags (for storing wet clothes or toiletries)
- Passport and travel documents
- Travel insurance information
- Cash (local currency)