



WOMAN EXPLORE

# Frequently Asked Questions

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

## How much do I need to pay to secure my place on the retreat?

You only need to pay 30% deposit at the time of booking to secure your place and ensure it is not sold to anyone else. After the 1st February 2025, full payment is required at the time of booking. For full details, please refer to Woman Explore's [Terms and Conditions](#).

## When is the remaining balance due?

The remaining balance is due by Monday 18th January 2025. This is because all of the logistics and inclusions for the retreat must be confirmed and paid for in advance of the retreat commencing. With any group travel, there are multiple elements that must be confirmed with the hotel in advance of the retreat commencing, to ensure the experience is high quality and seamless for everyone.

## Can I stay extra nights at the hotel or arrive earlier than the retreat start date?

Yes, if you'd like to stay additional nights you can email the team at Woman Explore on [hello@womanexplore.com](mailto:hello@womanexplore.com) and they will coordinate your requirements with the hotel and confirm the additional costs. Dependant on availability.

## If needed, can I join the retreat after it starts or leave early?

Yes, you can join late or leave early. Contact the team at Woman Explore on [hello@womanexplore.com](mailto:hello@womanexplore.com) for further information.

## Where do I fly to in to San Diego to join this retreat?

You'll need to fly into San Diego International Airport (SAN), the main airport serving the city. The retreat venue is approximately 22 miles (35 kilometers) from the airport—a drive that typically takes about 25 minutes, depending on traffic. For convenience, consider arranging a shuttle service, rideshare, or rental car. Once you confirm your flight details ensure you add your information to our [Traveler Details Form](#) or safety and coordination purposes.

## Do I need to arrange airport transfers?

Airport transfers are not included in this retreat. If you would like to arrange an airport pick up, reach out to the team at Woman Explore on [hello@womanexplore.com](mailto:hello@womanexplore.com) with your flight arrival information.

## What time can I check-in to the hotel?

Guests can check in from 4:00 pm daily. If you arrive earlier, drop your bags at reception and enjoy some time by the pool or enjoying the local area.

## Is there Wi-Fi at the hotel?

Yes, a Wi-Fi connection is available throughout the hotel including in the common areas and working spaces. There is also good mobile reception should you need to make or receive calls.

## Are there on-site dining options or nearby restaurants?

Yes, Hotel Indigo San Diego Del Mar features the Ocean View Bar & Grill, offering breakfast and dinner with ocean views and fresh, locally sourced dishes. Additionally, the village of Del Mar is known for some of the best dining in Southern California, with various restaurants within walking distance.

## Is there a fitness center or gym at the hotel?

Yes, Hotel Indigo San Diego Del Mar features a well-equipped fitness center available for guests. The facility includes modern cardio equipment such as treadmills, stationary bikes, and ellipticals, as well as free weights and other strength-training equipment.

## Do I need to get travel insurance for this retreat?

Definitely! To attend any Woman Explore retreat you must secure your own travel insurance. Guests require this to protect against unexpected events such as trip cancellations, delays, medical emergencies and loss of belongings during their trip. This information needs to be provided before commencing your retreat via the [Traveler Details Form](#).

**What time is check-out on the last day?**

Guests are required to checkout at 11:00 am. If your flight or transportation isn't scheduled until later, feel free to drop your bags at reception and take advantage of the hotel facilities whilst you wait.

**Does the retreat cater for food allergies?**

Where meals are covered, we strive to accommodate all dietary needs and preferences, including food allergies. Please ensure you add any dietary requirements into the [Traveller Details Form](#).

**What currency is used in San Diego, and do I need to bring cash with me?**

The official currency in San Diego, as in the rest of the United States, is the U.S. Dollar (USD). Credit and debit cards are widely accepted, including for smaller purchases, but it's always a good idea to carry some cash for tips or instances where cards may not be accepted, such as at small local vendors or markets.

**What should I pack for my trip to San Diego?**

For the March retreat in San Diego, pack for mild and pleasant spring weather. Lightweight clothing such as breathable tops, jeans or casual pants and a light jacket or sweater for cooler mornings and evenings are recommended. Comfortable walking shoes are a must for outdoor activities, and don't forget sunscreen, sunglasses and a hat for sunny days. If you plan to join any beach activities, bring swimwear and a cover-up. Pack essential personal items like medications, toiletries, and a refillable water bottle, as well as any electronics with their chargers and adapters if you're traveling from outside the U.S.

**What is the weather like in San Diego in March?**

San Diego in March enjoys mild and comfortable weather, with daytime temperatures typically ranging from 55°F to 70°F (13°C to 21°C). Expect cool mornings and evenings, with plenty of sunshine during the day. While rain is possible, it's generally infrequent, making March a lovely time to enjoy San Diego's beaches, scenic outdoor activities and vibrant city life.

**Am I required to tip in San Diego?**

In San Diego, as in the rest of the United States, tipping is customary and appreciated for good service. In restaurants, it's standard to leave a tip of 15-20% of the total bill. For taxis and ride-sharing services, tipping 10-15% is common. While tipping is not mandatory, it's a way to show appreciation for quality service and is considered the norm in most settings.

**What power points or plugs are used in San Diego?**

In San Diego, power outlets use the standard North American plug types: Type A (two flat parallel pins) and Type B (two flat parallel pins with a grounding pin). The voltage supply is 120V with a frequency of 60Hz. If you're traveling from outside the United States, you may need a power adapter and possibly a voltage converter, depending on your devices. For more details, you can access additional information [here](#).

**What if I missed some of the retreat activities, can I get a refund on those?**

Unfortunately refunds are not able to be given for missed services or unused portions of the retreat. This is because most activities, accommodation and events are paid for well in advance of the trip.