

# Andaman Retreat Guest Checklist

## Travel Essentials

- Valid passport (minimum 6 months validity)
- Approved Indian tourist visa (if required)
- Printed or digital visa copy
- Travel insurance (recommended)
- Return flights to and from Port Blair
- Printed or digital copies of travel documents
- Emergency contact details

## SIM Card & Connectivity

- Purchase an Indian SIM card or eSIM at your first airport arrival in India
- Mobile signal and WiFi may be slower on the islands — embrace the island rhythm

## Money

- Bank card
- Indian Rupees (cash) – withdraw at the airport as ATMs can be limited on the islands

## Clothing

- Light, breathable clothing (cotton or linen ideal)
- Comfortable yoga outfits – loose, stretchy gym wear or anything you feel relaxed in
- Swimwear
- Beach cover-up or sarong
- Light shawl or layer for evenings
- Sandals or flip flops
- Comfortable walking shoes
- Undergarments & sleepwear

## **Yoga & Wellness**

- Reusable water bottle
- Journal & pen
- Small backpack or beach bag
- Personal medication or supplements
- Yoga mats are provided (bring your own if preferred)

## **Beach Essentials**

- Reef-safe sunscreen
- Sunglasses
- Hat or cap
- Insect repellent
- After-sun care

## **Optional but Lovely**

- A book for quiet beach time
- Recommended authors: Vex King (Good Vibes, Good Life), Eckhart Tolle (The Power of Now), Michael A. Singer (The Untethered Soul)

Pack lightly. Bring what makes you feel comfortable. Everything else, we'll take care of.