

Zen~Soul Travels – Packing & Preparation Guide

Your journey is an opportunity for healing, connection, and mindful travel. Here's a recommended packing list to help you prepare and travel with ease.



Essential Clothing

- Lightweight, breathable clothing for warm climates
- Comfortable walking shoes or sandals
- Light jacket or shawl for cool evenings
- Swimwear (if applicable to destination)
- Sleepwear
- Undergarments and socks
- Rain jacket or small umbrella



Wellness & Personal Care

- Reusable water bottle
- Journal & pen
- Yoga mat (optional, may be provided)
- Meditation cushion (optional)
- Travel-sized toiletries (eco-friendly preferred)
- Biodegradable soap & toothpaste
- Any prescribed medications
- Small first-aid kit (band-aids, pain reliever, etc.)
- Sunscreen & insect repellent



Travel Documents

- Valid passport & visa (if required)
- Government-issued ID
- Flight tickets & travel itinerary
- Health insurance & travel insurance information
- Emergency contact details
- Copies of important documents (passport, insurance)



Cultural & Comfort Essentials

- Scarf or shawl for temple visits or warmth
- Eye mask & earplugs
- Favorite book or reading material
- Small daypack or crossbody bag
- Small gift or token for local hosts (optional)
- Light snacks for travel days
- Universal power adapter



Optional Mindfulness Tools

- Guided meditation playlist
- Small candle or essential oils
- Affirmation cards or travel-friendly mindfulness tools



What NOT to Bring

- Excessive valuables or jewelry
- Heavy luggage (Pack light & mindful)
- Disposable plastics