



WILDLY HUMAN TRAVEL PREP + PACKING

Make It *Real*



From BOOK THE TRIP to wheels up - everything that makes arrival easy.



BOOK *the trip!*

Reserve the suite - or community bed - that keeps calling your name.

BEFORE THE FLIGHT

before you go

- ☐ Add Jan 31 - Feb 5, 2027 to the calendar and request time away
- ☐ Arrange care for children, pets, plants, and home
- ☐ Book flights - BQN is closest; SJU is about two hours away by ground
- ☐ Schedule airport transportation to the villa and back
- ☐ Purchase travel insurance - strongly recommended!
- ☐ Confirm your REAL ID or passport is current and travel-ready
- ☐ Sign retreat waivers and complete requested guest forms
- ☐ Send flight and transportation details to the Light House team
- ☐ Refill prescriptions before travel week



Handle the logistics. Save your energy for the living.

THE FINAL *countdown*

- ☐ Check the weather and adjust the last few items
- ☐ Check in online and save the boarding pass
- ☐ Charge every device and battery pack
- ☐ Pack a swimsuit + one change of clothes in the carry-on
- ☐ Withdraw cash for optional gratuities, one-on-one services, and extras
- ☐ Weigh and tag luggage
- ☐ Share the itinerary with someone at home and set the alarms

Ready is a beautiful feeling.





THE ISLAND WARDROBE

Pack for the *life you'll live* there

POOL MORNINGS / OCEAN DAYS / BARE FEET / TWO OUTFITS WITH PLANS

ISLAND LIFE

pack the feeling

- ☐ Two or three swimsuits + pool and beach cover-ups
- ☐ Lightweight daytime outfits
- ☐ Comfortable walking shoes
- ☐ Sandals or flip-flops - plus an extra pair
- ☐ Sleepwear and undergarments
- ☐ Sun hat and sunglasses
- ☐ Light layer + packable rain layer or small umbrella
- ☐ Comfortable travel-day outfit

Pack light enough to leave room for what finds you.

Blue HOUR ☐

DAY THREE / AFTER THE SAIL

Bring one dinner-ready look in a solid shade of blue - ocean, cobalt, denim, midnight, anything in the family. Add comfortable shoes or sandals, or plan to go barefoot. We'll wear it for sunset photographs and dinner.

Barefoot *BLACK TIE* ☐

FAREWELL NIGHT / FOUR-COURSE DINNER

Bring one black, white, or black-and-white look that feels elevated without feeling stiff. Add comfortable shoes or sandals, or go barefoot. This is our farewell-night outfit for sunset photographs and a four-course dinner.

MAT + *movement*

- ☐ Yoga mat - not supplied
- ☐ Comfortable movement clothing
- ☐ A soft layer for sound healing
- ☐ Any personal props or supports you rely on

Need a mat? Lightly used travel mats will be available to purchase at a discounted price while supplies last.

Come as you are. Move as you are.



THE EASILY FORGOTTEN THINGS

Small Items. *Major Consequences.*

CHARGERS / SUNSCREEN / PRESCRIPTIONS / THE WATER BOTTLE BY THE SINK

BODY + WELLNESS

- ☐ Daily prescriptions - packed in the carry-on
- ☐ Vitamins and supplements
- ☐ Personal toiletries beyond the villa basics
- ☐ Sunscreen, lip protection + after-sun or aloe
- ☐ Insect repellent
- ☐ Glasses, contacts, and contact solution
- ☐ Motion-sickness or personal health support
- ☐ Sleep support, earplugs, or eye mask
- ☐ Small first-aid or blister-care items

*If losing it would derail the first 24 hours,
keep it in the carry-on.*

TECH + TINY THINGS

- ☐ Phone and phone charger
- ☐ Watch or fitness-tracker charger
- ☐ Headphones or earbuds for the plane or quiet time
- ☐ Portable battery pack
- ☐ Every oddly specific charging cable
- ☐ Luggage tracker, if you use one
- ☐ Confirmations saved for offline access

tiny things. big consequences.

SALTWATER *department*

- ☐ Refillable water bottle
- ☐ Wet bag or zip bag for damp swimsuits
- ☐ Cash or card for Crash Boat lunch and island finds
- ☐ Water shoes only if they are part of your beach routine

BEACH TOWELS + SAIL SNORKEL GEAR ARE PROVIDED



THE FIVE-SECOND DOORWAY CHECK

ID / PHONE / WALLET / MEDICATION / CHARGER

LEAVE THESE BEHIND

leave room

Beach towels. Hair dryers. Laundry detergent. Snorkel gear. Your entire closet. The pressure to do everything.

MY OWN DON'T-FORGET NOTE

STILL THINKING ABOUT IT?

BOOK *the trip.*

EXPLORE WILDLY HUMAN 2027

