

Croatia Pack Light, BE THE LIGHT!

If green there is Link On Amazon

BOLD If Bold it is **IMPORTANT** to note

CARRY-ON Travel Pack

- PASSPORT** (make copy)
- Vaccination Certificate** (make copy)
- Croatia Entry Form** (make copy)
- Travel Vest with inside pockets
- Head travel pillow & ear plugs
- Compression Socks
- Scarf / Shawl / Beach Towel
- Extra clothes (just in suitcase get's lost)
- Ear Phone (Charged & **Hardwired**)
- Tablet, Phone & Computer
- Favorite book

Wellness Back

- Triphala (helps keep you regular)
- Probiotic / Pre-biotic (helps keep digestive track happy)
- Melatonin or Lavender oil - helps for sleep
- MegHydrate before I travel
- Liquid IV (Hydration Multiplier, through out travel) Costco
- Note **ORANGE** Package (Hydration + Immune Support)
- [Essential Oils - Keep me Healthy \(Let me know if u want info\)](#)
- Peppermint - Lemon - OnGuard
- DigestZen - Oregano - Ginger
- Lavender - Frankincense - Slim Sassy

Everyday Pack

- Sanitizer Spray or Wipes
 - Mask
 - Sunblock** Face / Lips / Body
 - Sun Hat
 - Sun Glasses
 - Phone, camera gear
 - Refreshing Sprays Rose & Peppermint
 - Fan
 - Arnica or Deep Blue (muscle soreness)
 - First aid Ointment & Bandage
 - Rain Poncho
 - Emergency Contact Info. (list me & XXX)
- email: linh@linhames.com Phone: 714-493-9653

Beach / Yacht Day Pack

- Beach shoes / non-slip Water shoes **RECOMMENDED**
- Beach towel** (provided onboard, can **NOT** be taken off yacht)
- Rash Guard
- Swimwear
- Swim suit cover up
- Water Phone protector
- extra undies - zip lock

Room / Extra Stuff

- Travel Adapter with USB
- Cheap Yoga Mat**
- Sturdy Comfortable shoes**
- Casual comfortable clothes
- Captain Dinner clothes
- Yoga clothes
- Jacket, windbreaker or sweater
- Sleepwear

Bathroom Stuff

- Tooth brush & paste
- Face cleanser
- Facial location
- Shampoo & Conditioner
- Razor/Shaving creaming
- Brush or comb
- Glasses & Contacts
- Prescriptions