

GO WITH



THE FLOW

What to Pack (Overnight Edition)

THE ESSENTIALS

- Festival ticket email +SCHED APP download
- Phone +portable charger
- Refillable water bottle
- Yoga Mat

WELLNESS-READY

- Comfortable, loose or athletic clothing + sweaters, socks for chilly evenings or mornings
- Grip socks (Pilates/movement classes)
- Journal or notebook & pen

WHAT TO WEAR

- Linen, athleisure, or flowy sets
- Comfortable sandals or sneakers
- SPF, hat & sunglasses

COASTAL COOL

- Lightweight backpack/day pack
- Hat & sunglasses
- Swimsuit + wet bag if the beach is on your list!
- Beach Towel

OPTIONAL EXTRAS

- Bike helmet if renting a bike
- Sneakers or a change of shoes
- Flashlight if staying past dark
- Your favorite must-have props

PLEASE DO NOT BRING:

- heavy or large bags or coolers
- Beach chairs (unless you want to carry it all day!)
- Your dog or other pets
- Alcoholic beverages (there are nearby watering holes, but our event is alcohol-free for your safety during classes/sessions)
- Smoking or vaping devices

EBB & FLOW PROVIDES:

- Water refill stations + electrolyte beverages
- Whole fruit + light snacks
- Food & beverage vendors
- SPF station for reapplication
- Restrooms
- Picnic area w/ chairs & blankets
- Ferry ticket QR code approx 48hrs before event
- Props and extra mats for specific classes

Have Questions?

We're Here to Help!
email us

wellness@islandretreatspa.com