

ready for

# Pura Vida Festival Retreat ?

## Festival Essentials

- Tent + ground tarp
- Sleeping bag (warm enough for cool nights)
- Sleeping pad / air mattress
- Sturdy, waterproof shoes
- Comfortable shoes or sandals for dry weather
- Headlamp or flashlight (with extra batteries)
- Earplugs (for sleeping, for music)
- reusable cup and waterbottle (reduce single-use waste)
- power bank + charging cable
- Toilet paper / tissues
- Small first aid kit (plasters, painkillers, blister patches)
- Any personal medications
- Cash (for market space vendors)
- Underwear and socks
- Your favorite festival outfits
- Long sleeves and pants for evenings
- Yoga / Sport clothes
- Swim wear

## Sun & Bug Protection

**(100% biodegradable only)**

- Sunscreen
- Mosquito spray
- Tick Tweezer
- Sunglasses
- Hat / cap

## Hygiene

**(100% biodegradable only)**

- Soap / shampoo
- Towel (quick-dry recommended)
- Toothpaste + brush
- Hand sanitizer
- Flip-flops or shower shoes
- Feminine Products and any other toiletries - must be biodegradable

## Nice to have

- Camp chair / sit pad
- Rain jacket / poncho
- Warm hoodie or fleece for nights
- Trash bags (pack out your waste)
- Dry bag or zip-lock bags for valuables and wet clothes
- Small backpack or tote for moving around the grounds
- Journal
- Yoga Mat
- Love and excitement

## Food & Cooking

- Camping cooker + fuel
- Pot / pan
- reusable plate, bowl, mug, cutlery soap
- Any snacks, breakfast supplies, easy meals
- dish soap, sponge or cloth for washing up

Have questions? Reach out to [info@puravida-festival.com](mailto:info@puravida-festival.com)