

Scaling Joy Retreat

Packing Checklist · Pack with intention

THE ESSENTIALS

Don't leave home without these

- Passport (valid 6+ months)
- Phone + chargers (Mexico uses US-style plugs — no adapter needed)
- WhatsApp installed (locals use it for everything)
- Reef-safe sunscreen (SPF 30+) — required for cenotes
- Bug spray with DEET or picaridin
- Sunglasses (polarized)
- Wide-brim hat
- Refillable water bottle
- Light cardigan / wrap (for AC)
- Lightweight rain jacket or poncho (May = rainy season starts)
- Beach bag
- Day backpack
- Toiletries / skincare
- Cash (USD + MXN — small bills for tipping)
- Credit / debit cards (call bank re: travel notice; bring no-foreign-fee card)
- Reusable shopping tote

HEALTH & MEDICATIONS

First-time-to-Mexico kit

- Prescription meds in original labeled bottles (carry-on, not checked)
- Copy of prescriptions (in case of customs questions)
- Birth control / personal Rx
- Imodium / anti-diarrheal (traveler's tummy is real)
- Pepto-Bismol tablets
- Tums or antacid
- Pain reliever (ibuprofen + Tylenol)
- Allergy meds (Benadryl + daily Claritin/Zyrtec)
- Motion sickness (Dramamine — for ferries to Cozumel)
- Electrolyte packets (Liquid IV, LMNT, or Pedialyte)

- Probiotic (start a few days before trip)
- Aloe vera gel / after-sun
- Hydrocortisone cream (bug bites)
- Band-aids + small first-aid kit
- Antibiotic ointment (Neosporin)
- Hand sanitizer + travel tissues
- Tweezers + nail clippers (checked bag)
- Lip balm with SPF
- Feminine hygiene products (harder to find specific brands)
- Contacts + glasses + saline (extra pair of glasses)

DOCUMENTS & SAFETY

Register with STEP before you fly

- Enroll in STEP — travel.state.gov (free US State Dept alerts)
- Photocopy of passport (kept separate from original)
- Photo of passport saved on phone + emailed to yourself
- Travel insurance policy + 24-hr claims number
- Printed flight confirmations (in case phone dies)
- Printed hotel/villa address in Spanish (for taxis)
- Emergency contacts written down (not just in phone)
- US Embassy in Mérida: +52 999 942 5700
- Vaccination records (if relevant for your situation)
- Driver's license (if renting a car or for ID backup)
- Travel itinerary shared with someone at home
- WhatsApp group chat saved

TECH & CONNECTIVITY

Stay charged, stay connected

- Portable battery pack (10,000mAh+)
- Charging cables (extra Lightning/USB-C)
- Headphones / earbuds
- International data plan OR eSIM (Airalo, Holafly)
- Google Maps offline map of Playa del Carmen downloaded
- Google Translate Spanish offline pack downloaded

- Currency converter app (XE)
- Uber app installed (works in Playa)
- AirTag in checked bag (optional)

BEACH, CENOTE & WATER

Most-forgotten category

- Water shoes (cenotes are rocky + slippery)
- Quick-dry travel towel
- Dry bag (5–10L) for boats + cenotes
- Waterproof phone pouch
- Snorkel mask (optional — rentals available)
- Goggles
- Extra swimsuit (you'll always want a dry one)

SMART EXTRAS

Little things first-timers wish they'd packed

- Small daypack that folds flat
- Ziploc bags (wet swimsuits, toiletry leaks)
- Laundry / dirty clothes bag
- Travel-size laundry detergent sheets
- Sleep mask + earplugs
- Travel-size toilet paper / tissues (not all bathrooms have it)
- Wet wipes
- Reusable straw + utensils
- Small notebook + pen
- Light scarf / sarong
- Snacks for travel day (granola bars, nuts)
- Gum / mints

BY DAY

Sun - May 17 — Arrival

Arrive, exhale, ease into joy

- Comfortable travel outfit

- Casual night-out outfit (welcome reception)
- Cozy pajamas (PJ party!)
- Slip-on shoes for travel
- Travel snacks + empty water bottle
- Neck pillow

Mon - May 18

Awaken, align, play boldly

- Workout leggings / shorts
- Sports bra + tank/tee
- Walking / training shoes
- Swimsuit + cover-up
- Hat + sunglasses
- Light layer for AC
- Casual dinner outfit

Tue - May 19

Expand, indulge, experience joy

- Morning meditation outfit (comfy)
- Workout clothes
- Comfortable walking shoes
- Stylish casual daytime outfit
- Dressy/stylish casual dinner outfit
- Crossbody bag for 5th Avenue

Wed - May 20 — Final Dinner

Relax, create, savor the moment

- Comfortable lounge attire
- Swimsuit + cover-up
- JEWEL TONE dress / jumpsuit (emerald, sapphire, ruby, amethyst, or topaz)
- Heels / wedges / elevated sandals
- Statement jewelry
- Small evening bag
- Bold lip + polished hair kit

Thu · May 21 — Departure

[Travel home](#)

- Comfortable travel outfit
- Slip-on shoes
- All chargers packed
- Souvenirs secured
- Passport in carry-on

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