

GETTING READY FOR YOUR RETREAT!

WE ARE SO EXCITED to welcome you soon! Please take some time to read through this helpful info, including the associated links on the next page.

PACKING You're visiting one of the most sustainable islands in the world and your contribution starts with what you pack (and reduce your carbon footprint). Storage space in the rooms may be limited, so less is more. We challenge you to **BRING A CARRY-ON ONLY** (it's the best way to travel!). The list below includes our suggested packing list.

WHAT TO BRING Plan for **HUMIDITY**. We have 85% year-round humidity (including indoors), which means it feels warmer in the sun and cooler in the shade / wind / rain. Plan to wear layers and remember clothing may feel damp here so quick-dry material is recommended.

PACKING LIST RECOMMENDATIONS

Shirts

- 3-4 undershirts/t-shirts (non-cotton quick-dry preferable)
- 2-3 long-sleeve/sweater (wool/synthetic preferable)
- 4 yoga/hiking synthetic shirts
- 1 pajama top

Pants

- 2-3 pair leggings or yoga pants
- 2 pair jeans
- 1 pair hiking pants/shorts (non-cotton)
- 1 pajama bottom

Jackets

- 1 light waterproof (not just water resistant) rain jacket
- 1 fleece/light feather jacket

Shoes

- 1 pair sneakers/hiking shoes
- 1 pair going out shoes (beware of cobblestone streets)
- 1 pair indoor slippers or slipper socks

Other

- Day-pack for hiking excursions
- Reusable water bottle
- 2-4 pairs wool or non-cotton socks
- Underwear

- 1-2 dark-colored bathing suit(s) (for hot springs)
- 2 dresses (optional)
- 1 scarf (optional, if cold sensitive)
- 1 pair light gloves (recommended for mountain hikes in Nov, Feb, March)
- 1 light wool hat (recommended for mountain hikes in Nov, Feb, March)
- Sunscreen, sun-glasses, hat

Personal hygiene

- Toothbrush / Toothpaste
- Other specialty hygiene items
- Earplugs and eye mask

WE SUPPLY

- Sheets, towels, hot spring towel
- Hairdryer (one per room)
- Soaps / bath gel / shampoo
- Yoga mats + props

LAUNDRY

We offer laundry service (wash + fold) for 15€ per bag, for delivery within 24-48 hours after receipt.

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ADDITIONAL RESOURCES Check out a complete set of our insider guides on hikes, restaurants, beaches and hot springs, including a detailed property map, suggested itineraries and recommended mobile apps on our guides page: www.minuvida.com/guides
Password: **myminuvida**

WHAT TO KNOW

- ▶ Traditional Azorean stone houses can feel damp and chilly from October through May. We provide heating and dehumidifiers, but it may take some getting used to, so bring indoor slippers and plan on wearing layers indoors.
- ▶ While some places accept credit and debit cards (Visa, MC and those with a chip), cash is king. Best to take cash out at the airport and notify your bank prior to travel. There may be a 200 euro per withdrawal and 400 euro per day withdrawal limit.
- ▶ We have two **small dogs** and cats on the property. They are not allowed indoors but love people and snuggles. Otherwise, there are no large/dangerous animals on the island :-). You may see bugs. No need for Deet. Don't freak out ;-)
- ▶ More info on what to know (weather, costs, food, about us), on our [Retreat Resources Page](#)
- ▶ Click on the below for a "Portuguese Primer" and speak like a local. Até breve!

