



HOLY MAMA

Things to Pack

for your Ibiza retreat



Temperature & Weather

You can expect daytime temperatures of +/- 25 degrees C and night +/- 14 to 18 C. The weather in spring and autumn is generally sunny and warm. Some days can feel cooler but in the sun it quickly heats up. Sunrise is around 7am and sunset at 9pm in spring, 8am and 8pm in the autumn.

Here is our recommended list of items to pack:

For Everyone

Clothes

Light summer clothes, yoga clothes (we have mats), swimwear, sun hats, sun-cream, sunglasses, cardigan wrap/jumper, long trousers & socks for early mornings and nights (Ibiza is a humid island), pyjamas/comfy indoor clothes, flip flops, sandals & sturdy/rain proof footwear or boots, mosquito repellent if you're sensitive.



For Mama



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Journal, book, writing material

Supplements or medications
(there is a pharmacy close by too)

Adaptor plug for 230 V with 2 pronged socket system for your devices (UK, USA and Switzerland)



Sarong or beach towel

There are bath towels at the house you can use for the bathroom but not the beach.

Small hand torch for moving between the houses after workshops and nighttime walks.

Don't need: We provide shampoo, bodywash and conditioner from this local, organic company.

For Babies/Toddlers

Nappies

We recommend packing for the trip if you don't need many or bring enough for the first days, and then split buying a pack locally with another mum.



HOLY MAMA

Child Carrier or Sling

For hands-free travelling. Even if you bring a pram/stroller you won't get it back until baggage reclaim. The baby carrier is also useful for to carry your child/baby across the beach, allowing you to have your hands free for other bags/towels etc.

Pram or Stroller

For walks, especially if your child naps in the morning so the child-carers can push them to sleep.

Labelled sippy cup for water

Baby Bottles & Formula

We provide organic cows milk, oat milk, almond milk and rice milk.

Baby Monitor

Useful for when your child sleeps and you want to hang out in the common area and the evenings when we have workshops to make it easier for the listening service.



Floaters/Armbands

Small Personal Bag

for the carers, with nappies, wet wipes, change of clothing, sunhat and water



Baby Sleeping Bag

for cot users (we provide sheets and blankets)

Favourite soothing toy and bedtime book

For Kids



Rucksack/Bag for the morning's activities

with water bottle, change of clothing and sun protection.

Favourite go-to snacks

For the trip or when your child gets cranky and you are off-site without access to the our buffet.