



✓ *Travel* **CHECKLIST**

*It's almost time to fly to
Paper Doll Militia Aerial Retreat!*

Here's some information to make packing a breeze

Airport Luggage Information

Remember to check with your airline the number, weight, and dimension restrictions for carry-on baggage and checked baggage ahead of time.

Carry-on luggage and requirements in Europe can be smaller than domestic carry on luggage requirement in the States. Additionally, liquid amounts allowed in carry-ons can also be different. Make sure to check those restrictions ahead of time

Travel Checklist

* Items marked with * are mandatory. All other items are optional / suggestions

Documents

- *Passport
- *Cash and/or Debit/Credit cards
- *Transportation tickets
- *Reservations and itineraries
- *Health insurance
- Travel insurance info
- Emergency contacts and important addresses
- You may also want to email yourself and / or print a copy of your passport, driver's license, medical cards, itinerary, Villa address, and contact information. (see "what to expect document" for retreat contact info)

Medical

- *Medications that you will need for the trip
- *Allergy medicines
- Laptop + Charger
- Cold medicines and throat lozenges
- Headphones
- Eyeglasses + Case

Travel Health

- Face masks - N-95 or KN-94 masks highly encouraged when traveling
- *Allergy medicines
- Laptop + Charger
- Cold medicines and throat lozenges
- Headphones
- Eyeglasses + Case

Training

- *Reusable Water Bottle
- *Training Clothes
 - Tank Tops
 - T-Shirts
 - Shorts
 - Running shoes
 - Aerial Training - it is best to cover your skin!
 - Leotards
 - Leggings/Tights
 - Trapeze gaiters, or thick socks for ankle protection
- *Device for taking photos and training videos (remember to clear up space!)
- Personal yoga mat, blocks, straps, foam rollers, or other props. Yoga mats / blocks will be provided at the studio, but not at the villa.

Clothes

- Lightweight clothing for layering and sun protection
- Shirts
- Pants and/or shorts
- Socks
- Sweaters (it can get chilly at night)
- T-Shirts
- Belt
- Pajamas/Sleepwear
- Underwear
- *Comfortable Walking Shoes
- Sandals / Flip Flops
- Dress(es)
- Sunglasses / Sunhat
- *Swimsuits or Swim Trunks
- *Beach Towel - The villa does not supply towels for the beach or pool
- Personal Snorkel gear - we will be provided with snorkeling gear for one of our excursions, but you can opt to bring your own if you like
- Wetsuit - water temperatures in Greece can be chilly (May sea temp averages 19.1°C / 66.4°F) Many people will not need a wetsuit to swim, but if you think you will need one, bring one

Toiletry Bag Basics

- *Toothbrush + toothpaste
- Floss
- Mouthwash
- Hair Brush or Comb
- Hair Ties + Barrettes/Bobby Pins
- Deodorant
- Shampoo (+ Conditioner)
- Soap
- Face Wash and/or Makeup Remover Wipes
- Moisturizer
- Lotion
- Lip balm
- Personal Hygiene Items
- Extra Contacts, Solution, and Case

Technology

- *If you think you will need international calling capabilities, remember to look into adding this to your mobile phone plan before you arrive
- Mobile device and Charger
- iPad or e-reader + Charger
- Laptop + Charger
- Headphones (you may want wire headphones for the plane)
- Camera and/or a voice camera, memory card, and charger
- Electrical converters and International plug adapters for European plugs

Travel Comfort + Entertainment

- Travel Pillow
- Pillow for the Villa - if you have specific pillow requirements
- Books and magazines & games