

ARKANA SACRED VALLEY CENTER PACKING LIST

To have in mind:

The weather in the Sacred Valley has average temperatures of 20 degrees C (68F). It has 2 main seasons: dry -June is the driest month, and wet -January is the wettest month. The weather fluctuates; it gets cold at night, rainy during the wet season, and mildly hot when the sun is out.

Recommended Packing List

- Sandals or flip-flops
- Swimming gear for the Temazcal (fire purification ritual)
- 1-3 loose fitting, long sleeved shirts
- 1-2 pairs pants for hikes (lighter is better)
- Casual/active attire (enough for 7 days, 25-30 degree weather)
- 2 warm sweatshirts
- Warm pants/and skirts for ceremony
- Warm Coat/jacket
- 1 Shawl
- 1 rain jacket for the expeditions for the rainy season
- Socks & Undies (enough for 7 days – laundry service on site on Wednesday)
- Sun hat (very important)
- Passport (valid for at least six months)
- Money belt/passport, wallet
- USD 300-500 in \$20-100 notes (for souvenirs, meals in Pisac and Machu Picchu when you are not at the retreat, etc.)
- Travel/medical insurance information
- Notify financial institution of travel plans
- Sunscreen (30+ SPF Recommended)
- Flashlight -one dim LED Red Light for ceremonies
- Water bottle
- Toiletries
- Medications (Insect bites, headaches, muscle pain, etc.)
- Notebook / Journal – very important
- Camera & Memory cards
- Personal reading material
- Laptop/Tablet for internet (we have Wi-Fi connection most of the time)