



A SIMPLE PACKING GUIDE TO HELP YOU PREPARE FOR YOUR UPCOMING TRIP

First question. Do you think you can pack for a week in a carry on?

I know you can! Bringing a carry-on makes getting in and out of the airport a whole lot easier, you never have to worry about losing your luggage, and you also just have less stuff to pack and repack while you're away. Let's see how creative you can get and try bringing simple pieces that you can mix and match throughout the week.

THE DRESS CODE

While there is not a strict dress code in Portugal, there are generally accepted norms. Wearing shorts and a light-weight shirt is perfectly acceptable while out in the towns, especially in the warmer months. For dinner out there is no need to be formal, but a dress that you can add layers or comfortable pants to dress up or down would be a good option. While walking to and from the beach it is required to wear clothes and not simply a bikini, a simple cover up is fine!

IDEAS FOR WHAT TO BRING

Linen pants that are breathable

Comfortable shorts for walking, lounging

A midi skirt to dress up or down

Midi/Maxi Dress

Jeans (they might be too warm)

T shirts (you can reuse with multiple outfits)

Bathing Suits & Cover Up (can reuse, for beach, catamaran, around the villa)

Comfortable sandals or shoes for walking around town

Sneakers (if you would like to hike)

Light Jacket for layering

Your undies of course

Your favorite PJs

Tip* If you only have midi/maxi dresses that are tanks, you can wear a t shirt over them and tie them up into a cropped look, maybe even add a light jacket on top for layers, and a neck scarf or hat too!



Layers

It can get chilly in the mornings and at night in the Algarve. Think about packing:

- Light sweater
- Long sleeve
- Light Jacket
- warm socks

Yoga & Pilates

We have yoga & Pilates everyday, I encourage you to reuse what you bring!

- 2-3 leggings
- 2-3 sports bras
- 2-3 tanks

Use your clothes listed above to layer up before and after class

Other basic things:

- a hat
- sunscreen
- your sunnies
- a converter to charge your cell phone (a European converter works)
- your personal toiletries/makeup/moisturizer

Blow dryers are provided, as well as shower gel but you will need to pack shampoo and conditioner.

* Please note, your normal hair straightener/curler cannot be used, you will need a dual voltage option that can be used within Europe- using a converter is dangerous for these.

There is a guest laundry room at our villa! There you will find: washing machine, dryer, drying lines, iron, ironing board and detergent (although you may pack your own).

Do I take out cash before I go?

It is useful to have euros on hand while staying at the Villa. Most shops will accept card payments, but the closest ATM is in the town of Luz (20 minute walk). For any additional services booked at the Lodge you will need to pay in euros. Tips are included with the retreat, but you may always tip extra at your discretion throughout the stay.

Water

The water is safe to drink from the tap in Portugal and the Villa has a filtered drinking water tap in the kitchen where we can fill reusable water bottles. In an effort to eliminate waste wherever possible, we ask that you bring your own reusable water bottle and take advantage of this filtered water tap.

Shopping

We will be visiting the town of Lagos to tour and shop, and the town of Luz at your own leisure. There you will find souvenirs, local produce like pottery, painting, items made of cork (bags, purses), and more. You can also find shoes, bathing suits, clothes and more if you forget to pack a certain item. You will receive a tote bag from Daybreak, so no need to pack a bag.

Lastly, on our last night I invite you to wear something that makes you feel truly beautiful for our final dinner and closing ceremony. If it aligns, feel free to wear a “daybreak” color that reminds you of your favorite sunrise or sunset- yellows, pinks, oranges, whites- anything that makes you feel alive.

If I've missed anything I will add it to our Portugal Connects. Pack smart, simple and sustainable!

