

Yoga Teacher Training Packing List

Main suitcase (I always carry this [Osprey pack](#))

bookbag / small purse

[big waterproof ziplocks](#) for inside pack

passport

ID

credit/debit card

visa photos

copy of passport info page + ID / Also email copy to emergency contact

\$\$\$ & smaller bills for immediate use

[Fig bars](#)

[Zen Tazo tea](#)

[Nuts](#)

Yoga mat

[Yogi toes](#) or regular towel

Hand towel

Water bottle

Note book for YTT

Pens

Sarong or light blanket

[Headlamp](#) & set of spare batteries

Plug adapter

Phone & charger

Headphones

Sneakers

Flip flops

Socks

Undies

Sports bras + regular bra

Yoga outfits (at least four as you'll practice asana at least twice per day)

Yoga pants

Tank Top or t-shirts for yoga

[Rain jacket](#)

Bathing Suit

Sweatshirt
Casual shirt
Lounge pants - link to elephant pants
Pajamas
Maxi dress or one 'nice' outfit for closing ceremony / final dinner
Sunglasses

Toiletries - everyone has their own toiletries list, this is usually what I bring:

tissues
tampons
chapstick
lotion / [face oil](#)
toothbrush + paste
q-tips
[sunscreen](#) + bug wipes
eyedrops
brush
hair ties
razor
tweezers + clippers
[multivitamin](#)
meds
[Dr. Bronner's](#)

General Packing Bits:

Everyone has different preferences for carrying cash or credit abroad. I always withdraw a sizeable sum of money and take it with me so that I can exchange it once I get to my destination.

A few tips:

- Always ensure your bills are unmarked and not damaged in any way. Some countries are particularly picky when it comes to any mark (even a tiny dash from the counterfeit identifier pens) or tiny tear.
- Split up your cash and store it in different pockets or places in your purse and bags. Never keep all of your money in one location.

- Always alert your banks of your travel plans so they know your card isn't stolen.

*Only pack absolute favorite items OR items that can be left behind.

*Think about non-essentials that can be bought when needed.