

Yoga & Wellness Retreat Packing List

What to pack for a yoga or wellness retreat in India — modest activewear, treatment-ready clothing, and a few small comforts for days built around stillness.

WHY YOGA RETREAT PACKING IS DIFFERENT

A wellness retreat in India isn't about variety — it's about a small set of clothes that work for early-morning practice, all-day comfort, and Ayurvedic treatments that can stain fabric permanently. Many retreats also ask guests to dress modestly even off the mat, and to keep devices to a minimum as part of the experience. Packing light and packing right matters more here than almost any other trip type.

CLOTHING

- Breathable, stretchy yoga or activewear in muted, modest tones
- A few loose, comfortable outfits for the rest of the day — many retreats favor modest, simple dressing throughout
- Old or dark clothing specifically for Ayurvedic oil treatments, which stain light fabrics permanently
- Light shawl or wrap for early-morning meditation sessions and cooler evenings
- Swimwear if the retreat has a pool or is near water
- One slightly nicer outfit for any closing dinner or ceremony

FOOTWEAR & ACCESSORIES

- Simple slip-on sandals — easy on and off for studio and treatment-room entry
- Non-slip socks if practice includes any indoor or unheated-floor sessions
- Yoga mat only if your retreat doesn't provide one — check in advance
- Reusable water bottle
- Eye mask and earplugs for shared accommodation or light sleepers

HEALTH, DOCUMENTS & TECH

- Personal medication and any supplements you rely on — remote retreat locations may have limited pharmacies nearby
- Insect repellent, especially for retreats in rural or forested settings
- Journal or notebook — many retreats encourage reflection over screen time
- A single offline-friendly device or e-reader if you want a digital detox rather than full disconnection
- Copy of any dietary requirements to share with the kitchen in advance
- Portable charger and a universal plug adapter (India: Type C/D/M)

Check your specific retreat's guidelines on phone use, alcohol, and dress code in advance — they vary considerably between centers.

