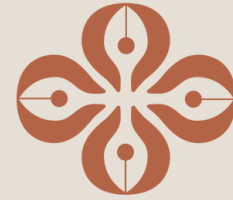


Sashwa River of Stars Packing List



You are ready to join us on your safari retreat in South Africa but are not sure what to pack? Our advice is casual, comfortable clothing, binoculars, sunhat and a sense of adventure! For the rest have a look at our checklist below.

Light, neutral coloured clothing: think beige, greens, light browns, colours that will blend into nature. Organic soft breathable fabrics are best in a hot climate. We offer a laundry service so pack light easy to wear items that can be layered. During winter time (May–Aug) temperatures can be cold during early mornings and after sunset so a warm jacket, gloves and hat is a must.

Apart from your **personal medical kit**, which we recommend you pack in your hand luggage, don't forget any prescription medication as well as a spare prescription together with a letter from your doctor, confirming your medication. We are located in a low risk malaria zone so please consult your doctor regarding anti malaria precautions.

Essential travel documents: passport, visas, travel and medical insurance, itinerary and e-tickets. Make a copy of all your important documents to store on your phone.

You will find charging points in all of our rooms. We have USB and USB–c SA and European round and two pin plug points. You may wish to bring an international adaptor.



For yoga and wellness practises there are yoga mats and meditation cushions in each room (and all the props you will need in our fully equipped yoga studio). Just pack a pair of comfortable loose pants/leggings, a breathable top, flip flops and maybe a pair of earphones to play your favorite music for personal practise.

For your retreat some ideas are a journal and pen and a symbol of your intention for your retreat which could be a special crystal, a printed quote / prayer, scented candle or beads. We have lots of goodies in our River of Stars shop to support your retreat journey from nature focused tarot cards, journals, creative art books to high vibrational tree mists and essences, pampering body products and lots more.

Can you help us?

Sashwa is working towards a zero waste goal and we encourage you to please assist us by not bringing any plastic for disposal on site. We have a snack fridge available 24/7 filled with delicious home made savoury and sweet snack jars and a self–serve beverage station with a selection of healthy warm and cold drinks. Our reverse osmosis water is mineralised and healthy to drink from every tap. Nature appreciates every little action we take!

What To Pack:

- Informal comfortable clothing. A light pair of trousers and long sleeve shirt for summer evenings and warmer items worn in layers during winter (as early mornings and evenings can be cold, but during the day it's warm)

- Comfortable walking shoes or sneakers and day pack for walks

- Sun hat and sunscreen. Lip balm for dry winter months

- Good quality sun glasses

- Swimming costume

- Binoculars

- Warm jacket, hat and gloves (May–Aug)

- Lightweight waterproof rain jacket (Nov–Mar)

- Personal toiletries

- Insect repellent for mosquitos used evenings and early mornings

- Basic personal medical kit (anti allergy and nausea tablets, aspirin, imodium suggested). Please ensure you have your medical insurance details on hand

- Bring spare spectacles and for contact lens wearers, consider bringing spectacles in case of dust or allergy irritation.

- A refillable stainless steel water bottle. The water at Sashwa is purified by RO with essential minerals added back and safe to drink from all taps. We also have Sashwa water bottles available for sale at our shop.

- Camera, lenses, extra batteries and memory cards



We can't wait to welcome you