

Breakfree Retreats

Your health and weight loss solution

What to bring list - Majorca

- Beach Towel
- Beach Wear
- Toiletries, soap and shower gel
- Insect repellent, plasters, blister plasters
- Hair-dryer Hair bands Alarm clock
- Make up
- Travel wash
- Sunscreen & Sun-hat & Sunglasses
- Plenty of Underwear Plenty of Socks
- 2 - 3 Good Support sport bras (Ladies Only!)
- Camera
- Phone charger
- Trainers
- Walking shoes
- Waterproof Jacket
- Rucksack or bag to put your belonging in for beach trips and Hikes.
- Hat or cap in case of rain when out walking
- Plenty of workout gear
- Shorts
- Vests
- Long sleeved tops
- Any medication you are taking
- Day wear (mainly work out gear and beachwear)
- Comfy clothes for lounging around in the evenings (you need nothing at all dressy)
- Cardigan or Sweater for the evenings
- Nightwear
- Flip flops/comfy shoes
- No need to dress to impress, comfy casual clothes is all you need.
- Passport
- Air Ticket
- Confirmation letter with our contact number
- Holiday insurance. Please note this is compulsory.

Please do not bring anything of value, as we can not be responsible.

You might like to bring something a little smarter for our farewell dinner on our last evening.

We recommend you leave your jewellery at home.