

# ***DOLPHIN DYNAMICS (Deborah Caknis)***

## **LIST OF THINGS TO BRING**

- Malaria Prophylaxis (no reported cases in 15 years - however, taking this Prophylaxis is at your own discretion)
- Peaceful Sleep, mosquito repellent to rub on skin or any other effective tools to keep the mozzies away
- Sun-block and hat
- Windbreaker
- Costume x2 / beachwear / beach towel
- Flash drive if you would like photos shared
- Torch
- Snacks
- Mask / snorkel / fins (obtainable to hire at the resort for R200) – please mark your gear
- Wetsuits are recommended (available for hire)
- Lycra vests make for easy entry and exit into and out of the boat
- Warm clothes, long sleeves (especially for the evenings)
- Loose fitting clothes for exercise and related activities, preferably white or light coloured natural fibre clothes for Kundalini Yoga
- Yoga mat
- Practical sleepwear
- Walking shoes
- Sea sickness pills / sweets to suck on for the boat (if in doubt, please bring and take as a precaution)
- Arnica Gel
- Disposable underwater camera, normal camera (operators take photos that are available to us) – please mark your cameras
- Pen / pencil / note pad
- Jiffy Bags of various sizes for wet bathing and snorkelling attire / black refuse bag etc.
- International Roaming if you wish to remain connected
- SA Currency - cash only (no ATM there) – I usually take R2000
- PASSPORTS - valid for 6 months & with 4 unstamped pages

It is important that you check all details of your travel documents (including your itinerary) before leaving home.

You are fully responsible to ensure that all necessary travel documentation required by you to enable you to participate in the Retreat (defined as a 5-night experience in Ponta do Ouro, Mozambique) are fully valid, up to date and correct. Without limiting the general meaning of the phrase travel documentation, this may include, depending on your individual circumstances, your South African passport, passport of any other country, visa for entry into Mozambique, visas (whether visitors, residents, working or otherwise) for entry into South Africa, entry and/or exit permits for South Africa and, in the case of children under 16, an unabridged birth certificate (this is a requirement of South African Home Affairs).