



Ménerbes Packing Checklist

Market Day Magic

- Something chic and comfy
- Crossbody purse (hands free for olives + lavender!) for market
- A sunhat or cap (you'll thank us later)
- Sneakers or sporty sandals. Parking on market day is at the bottom of a big hill and Gordes is all cobblestone streets

Yoga & Meditation Vibes

- Comfy, stretch-friendly clothes (no judgment, all joy)
- Keep it cool: we'll be outside, and the Provence sun *shows up*
- A lightweight layer for early morning sessions

No need to bring a yoga mat or yoga towel—we've got you covered!

Villa Chill Time

- Swimsuit (or two)
- Pool cover-up
- Flipflops or easy slip-on sandals
- Sunhat & sunglasses
- Casual and comfortable clothing
- A good book or two if you're a reader

Pool towels provided.



Ménerbes Packing Checklist

Ménerbes Afternoon + Vineyard Visit and Lunch

- As above, casual and comfortable clothing, think chic, Provençal. After our afternoon in Ménerbes we'll be stopping for a special tasting and apéro in town
- Comfortable shoes for vineyard paths and cobblestone streets

Dinner Under the Stars

- Nothing too formal—but it's our chance to dress up a touch. Think casual chic
- Bring a wrap or sweater as evenings may get cool
- For our final dinner, please wear white (it is a Camp Joy tradition!)

Tech & Essentials

- European plug adaptors for your phone and other electronics (we suggest 2!)
- A reusable water bottle for when you're out and about

We have 2 heavy-duty adaptors for hair tools if needed. Each adaptor also has a large number of ports. We'll provide towels for each camper, and blow dryers in every bathroom as well as soap, shampoo and conditioner.

The washing machine and dryer will be available.

Special Request

- For those participating in the Inner Joy sessions: please bring a couple of photos of yourself as a child and / or as a teenager, and a photo of your mother or grandmother or other important woman in your life (in hard copy if possible). You are welcome to bring your photos and participate in the activities with the photos even if you're not planning to participate in Inner Joy!



Ménerbes Packing Checklist

Footwear Summary (Because We Know Footwear Takes Up The Most Space)

- 1 pair flipflops or slip-on sandal for pool time and hanging at the villa
- 1 pair of walking shoes (sneakers or sport sandal) for the walk to town, tour of Cotignac, and vineyard tour
- 1 pair of sandals or espadrilles for dinner and when you want to be “plus Provençal” in photos
- 1 pair of water shoes recommended if you're planning to participate in the wild swim