



RAKSA

RETREAT

KRABI, THAILAND

SURVIVAL GUIDE

*Everything a guardian-in-training needs to know
before venturing into the jungle — narrated (loosely)
by Hanuman himself.*

GUARDIANS OF BODY, MIND & SPIRIT

Welcome, Traveler

Greetings! I am Hanuman, guardian of this jungle, leaper of oceans, and — for the next few days — your unofficial mascot and mischief-in-residence. You've signed up for something a little wild: mountains, sea, sweat, stillness, and probably a monkey or two eyeing your sunglasses. Good. That's the whole point.

This little guide exists so that nothing catches you off guard except maybe the humidity. Read it on the plane, skim it in the taxi, or ignore it entirely and wing it — either way, we'll be waving from Gate 2 when you land.

HANUMAN SAYS

A retreat runs best when nobody is quietly panicking about their visa. Read the boring parts — I promise they matter more than the packing list.

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Flights & Insurance

BOOKING YOUR FLIGHT

Fly into Phuket International Airport (HKT).

Arrival: Aim to land at HKT by 2:00 PM so your arrival lines up with our group transfer window at 3:00pm — if your flight lands well outside that window, message us on WhatsApp and we'll sort out your personal at cost pickup (typically 3,200 THB.) You may also choose to fly to Krabi International Airport and arrange your own transportation.

Departure: Our final session on your last day wraps up around 11:00 AM. We highly recommend booking your departure flight no earlier than 4:30 PM — that gives you breathing room for the transfer back to the airport, without cutting it too close.

HANUMAN SAYS

Send your flight itinerary to us as soon as it's booked. We can't leap across oceans to grab you from the wrong terminal — give us the details early.

TRAVEL INSURANCE — NON-NEGOTIABLE

- Travel insurance is required for every guest. Thailand is generally very safe, but between international flights, physical activities like calisthenics and Muay Thai, and simply being far from home, a good policy is cheap peace of mind.
- Make sure your policy covers **medical treatment and evacuation** in Thailand.
- Check that it covers **adventure / physical activities** — some budget policies exclude martial arts or "extreme" movement training, so read the fine print.
- Add **trip cancellation / interruption** coverage if your policy offers it.

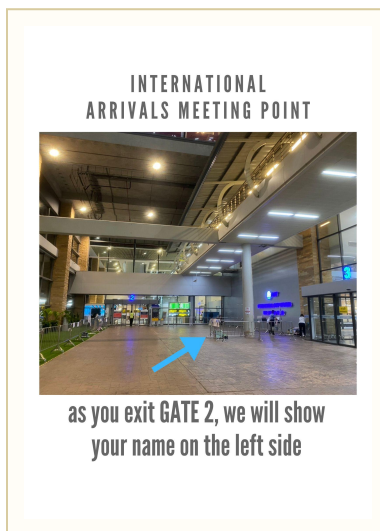
Keep a digital and printed copy of your policy number and emergency hotline with you at all times.

VISA & PASSPORT

- Check your passport has **at least 6 months validity** from your arrival date.
- Confirm your nationality's visa-on-arrival or visa-exemption rules for Thailand before you fly — requirements change, so check an official source close to your departure date.
- Have proof of onward/return travel ready, just in case immigration asks.

Getting There

Land, breathe, walk through Gate 2 — and look for a monkey on a sign with Raksa Retreats on it. We coordinate a **group airport pickup**, so you won't need to arrange your own taxi if your flight falls within the pickup window we confirm with you beforehand.



Your landing spot: exit through Gate 2 at Phuket International Airport, and look left for Raksa Retreats.

STEP BY STEP

- **Clear immigration & collect luggage** as normal.
- **Exit through Gate 2** — not Gate 1 or 3. We'll be waiting just outside, on the left-hand side, with a sign bearing your name.
- If you can't find us within a few minutes, don't panic — message us on WhatsApp immediately (number on the last page). Someone is always watching that phone during arrival windows.
- From the airport, it's roughly a **2-2.5 hour transfer** to Ao Nang, depending on traffic — so use the flight-to-arrival gap to nap, hydrate, or just stare out the window at the limestone cliffs as you get closer.

HANUMAN SAYS

If your flight is delayed, that's fine — airports happen to everyone, even semi-divine monkeys. Just keep us posted so nobody is standing around Gate 2 wondering if you were eaten by a durian.

ARRIVING EARLY OR STAYING LATE?

Some guests like to arrive a day or two early to shake off jet lag, or stay on afterward to explore Krabi's islands. Totally your call — just let us know your independent travel dates so we're not expecting you at Gate 2 on a day you're already at the beach.

What to Bring

Pack light, pack smart. Krabi is hot, humid, and full of movement — think function over fashion (though a little jungle-chic never hurt anyone).

MOVEMENT & WEAR

- ☐ Lightweight, breathable clothing (mornings and evenings can be cooler)
- ☐ Activewear for yoga, calisthenics & Muay Thai sessions
- ☐ Training shoes + a pair of sandals or flip-flops
- ☐ Swimwear (more than one — things stay damp in the humidity)
- ☐ A light rain jacket or poncho
- ☐ Modest cover-up for temple visits or local villages

HEALTH & SUN

- ☐ Reef-safe sunscreen
- ☐ Insect repellent
- ☐ Personal medications (in original packaging)
- ☐ Basic first-aid items you personally rely on
- ☐ Rehydration salts / electrolytes

GEAR & PRACTICAL

- ☐ Reusable water bottle
- ☐ Dry bag for boat trips or waterfalls
- ☐ Power adapter (Thailand uses Type A/C/O, 220V)
- ☐ Headlamp or small flashlight
- ☐ Daypack for excursions
- ☐ Cash in small Thai Baht notes (see next chapter)

MIND & SPIRIT

- ☐ Journal & pen
- ☐ An open mind and a sense of humor
- ☐ Earplugs (jungle nights are lively)
- ☐ Whatever helps you wind down — a book, music, tea

LEAVE AT HOME

Valuables you'd cry over losing, excessive electronics, and any expectation of a rigid schedule. The jungle runs on jungle time.

What to Expect

This is a small-group retreat — intimate, hands-on, and built around the idea that body, mind, and spirit train together, not separately. Expect early mornings, real sweat, real stillness, and a group small enough that nobody hides in the back row.

THE RHYTHM OF A DAY

- **Morning:** movement practice — yoga, calisthenics, balance and handstand work to greet the day.
- **Midday:** shared meals, rest, and free time to swim, explore, or simply do nothing at all.
- **Afternoon:** guided sessions such as Muay Thai, nada yoga, or bodywork — the exact mix shifts retreat to retreat.
- **Evening:** guided meditation, quieter practices, dinner and time around the group table.

WHO'S GUIDING YOU

Sessions are led hands-on in small groups, covering strength and balance work (handstands, calisthenics fundamentals), guided meditation, and complementary practices like nada yoga, osteopathic bodywork, and breath-based tao and tantra work. If you're drawn to any of these individually, 1-on-1 add-on sessions can usually be arranged — just ask.

HANUMAN SAYS

You will fall out of a handstand. You will get a little lost in a meditation. You may lose spectacularly in a friendly sparring drill. All correct — growth looks clumsy from the outside.

FITNESS LEVEL

Come as you are. Sessions are guided with modifications for different levels — the goal is showing up honestly, not arriving retreat-ready.

Money, Health & Everyday Life

MONEY

- Currency is the **Thai Baht (THB)**. Cards are accepted in larger shops, but small vendors, markets, and tuk-tuks run on cash.
- Withdraw cash at an airport or town ATM rather than exchanging at hotel counters — the rate is usually better.
- A modest amount of small-note cash covers meals out, markets, tips, and massages.
- Tipping isn't obligatory in Thailand but is always appreciated for good service.

HEALTH & WATER

- Drink bottled or filtered water — avoid tap water.
- No mandatory vaccinations for most travelers, but check current recommendations with a travel clinic before you go.
- Krabi is hot and humid year-round — pace yourself, hydrate constantly, and don't be a hero on your first jungle hike.

CONNECTIVITY

- A local SIM or eSIM is cheap and easy to grab at the airport if you want data on arrival.
- Wifi is available on-site, though we'd gently encourage you to log off more than you log on.

HANUMAN SAYS

Culturally, Thailand runs on warmth and respect — a smile goes further than volume, shoes come off before you enter most buildings, and monks and monkeys alike appreciate a bit of patience.

Contact & Emergency Info

WhatsApp (24/7 during retreat) +1 417 536 6338

Meeting point Phuket International Airport — Gate 2, left side

Local emergency (Thailand) 191 (Police) · 1669 (Ambulance)

Your travel insurance hotline Keep this on you — write it in below: _____

ONE LAST THING

Send us your flight details and anything we should know about you (dietary needs, injuries, allergies) before you land. The more we know, the less anyone has to guess.

"The jungle does not rush, and neither should you."

— probably said by a monkey, at some point

See you at Gate 2.

— The Raksa Retreats Team