



## Packing List for Winter Retreats

Bring clothing to last for the full duration of retreat. We will be outdoors as much as weather allows, so be sure to bring things you will be comfortable in while outside. Please bring an extra change of clothes, as clothes can get sweaty, wet, or dirty.

Most importantly, **bring comfortable, loose-fitting clothing** to meditate in. No need to buy new or special clothing for this retreat. Pajamas, yoga pants, sweatpants = all great options.

### Essentials to bring\*

- Pillow & pillowcase & twin sheets
- Blanket / sleeping bag
- Towel and washcloth
- Water bottle / travel mug
- A watch (you will not have your phone)
- Slip-on shoes for the meditation hall
- Medications / remedies / vitamins & supplements

*\*Depending on the retreat center, you may or may not need to bring bedding and pillows. Please double-check in your Logistics letter sent to you from our Registrar.*

### Clothing

- Comfortable pants / jeans / sweats
- Long sleeved shirts / t-shirts
- Sweaters / sweatshirts / hoodies
- Clothes you can do yoga in
- Warm coat
- Rain gear (rain jacket / umbrella)
- Warm socks & underwear
- Sneakers / walking shoes / boots (if there is snow)
- Winter hat / scarf / mittens

### Toiletries

- Toothbrush / toothpaste / floss
- Shampoo / conditioner
- Bath soap / body wash
- Hair brush / comb
- Deodorant

## Optional items

- Meditation cushion / sitting bench
- Shawl or blanket to keep you warm while meditating
- Yoga mat
- Flashlight / headlamp
- Journal / pen
- Musical instrument
- Camera
- Toys / games (cards, hacky sack, etc.; please be mindful in your selection of appropriate games to bring)

## Prohibited items & activities

- Possession or use of illegal drugs of any kind is strictly forbidden
- Any mind-altering substances
- Smoking and vaping are strictly prohibited throughout the property
- Possession or use of weapons or firearms is strictly forbidden
- Candles, incense, and fires of any kind are prohibited
- No food or drink in the dorms or guesthouse rooms
- Hair dye, tie dye, or other permanent dyes

## What's provided\*

*\*unless stated otherwise in your pre-retreat Logistics letter sent to you by our Registrar*

- Twin bed and mattress
- Meditation cushions and chairs
- Yoga mats
- Refrigerator for medications or special food items you need
- First aid kit / over-the-counter meds