

## What to Bring - A General List for RMERC Retreats

- Sunscreen and lip balm
- Hat (wide brim, for the sun)
- Sunglasses
- Water bottles: One or Two 1 liter.
- Comfortable shoes/boots for walks/hikes
- Slippers for indoors; shoes are not allowed in the lodge
- Underwear to last for the duration of the retreat (no laundry facilities)
- T-shirts /shirts: long and short sleeves
- Warm pants (jeans and/or sweats)
- Warm jacket
- Waterproof and windproof shell jacket
- Warm layers for under the jackets, such as a fleece
- Toiletries, sunscreen, etc: biodegradable and scent-free, when possible
- Medication(s)
- Personal first-aid needs
- Scissors/nail cutter/nail file
- Your favorite sitting cushion/bench etc. (if you prefer them to the ones supplied; the Center provides cushions (zafus), mats (zabutons), and regular chairs in the zendo.)
- Shawl or light blanket for sitting meditation periods (optional)
- Wash cloth(s) if you use them
- Checks/Cash/Paypal Info for Dana offerings

### For Camping Lodgers

- Tent; smaller tents are better
- Sleeping bag: minimum 3-season
- Sheet, pillow and pillowcase for comfort (optional; these are not provided for campers)
- Sleeping pad
- Insect repellent
- Mosquito head net
- Headlamp or flashlight