

## **Suggest items to pack for retreat**

shrine items & offerings  
practice items  
incense holder  
incense  
headlamp or flashlight  
candles & holders (for cabins without electricity)  
prostration mat (if necessary)  
personal meditation cushion  
batteries  
tape  
scissors  
chapstick  
notebook  
index cards  
pencils/pens  
alarm clock (battery powered)  
slippers  
flip flops  
personal clothing  
bedding including extra blanket  
tooth brush & floss  
towel (s)  
shampoo, conditioner, soap  
women: period supplies  
water bottle  
hair elastics  
lotion  
extra pair of glasses  
extra contacts and solution  
tecnu (for poison oak)  
bug repellent (in spring, summer and fall months)  
food storage containers, plastic bags or plastic wrap  
backpack or bags for carrying food (if necessary)