

## What to Bring for an RMERC Nature-Based Retreat

This is a nature-based meditation retreat and we will be spending much of every day outdoors. Be prepared for every weather condition – warm, cool, sun, and rain. Even in the summer months, mornings and evenings will be cool, especially when you are sitting still in meditation.

Please bring everything in this list, unless it is marked “optional.” Note what not to bring.

### Clothing

- Long-sleeve and/or short-sleeve shirts: fast-drying, non-cotton
- Shorts: fast drying, non-cotton
- Pants: fast drying, non-cotton
- Underwear
- T-shirts or shirts: soft cotton, long or short sleeve
- Warm underlayer, shirts and pants, warm-when-wet fabric such as smartwool or capilene, etc.
- Waterproof rain jacket
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- Several warm layers for under the parka, such as a fleece sweater or jacket
- Hat (wide brim, for the sun)
- Sunglasses
- Slippers for indoors, shoes are not allowed in the lodge
- Hiking Socks: 3-4 pair synthetic or wool
- Comfortable shoes for short walks
- Hiking shoes or light boots, broken-in before the retreat

### Personal

- Checks or Cash for Teacher/Staff Offerings (Dana) PLEASE DO NOT FORGET
- Toiletries: biodegradable and scent-free please
- Medication(s)
- Watch with alarm (do not use phone for a watch, please)
- Personal first-aid needs (optional, first aid kits at center)
- Notebook and Pen (optional)
- Scissors/nail cutter/nail file (optional)
- Insulated coffee/tea mug with lid (optional)
- Small amount of snacks (optional, plenty of food provided)

## For Meditating and Hiking outdoors

- Daypack or large waist pack
- Water bottles: two 1-liter bottles.
- Packable chair: Crazy Creek or similar light packable chair for taking on hikes. Or, we have carpet pads to borrow.
- Small tupperware-type container(s) with a tight lid for packing lunches
- Plastic knife, fork, spoon for trail lunches
- Emergency whistle
- Headlamp/flashlight (plus batteries)
- Sunscreen, scent-free please
- Lip balm, scent-free please
- Insect repellent
- Mosquito head net
- Umbrella (optional)

## Campers

- 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
- Small camp towel (optional)

## WHAT NOT TO BRING

- Cameras – They easily pull one out of mindfulness and distract other yogis.
- Cellphones – There is no reception at the center. Please leave your cell phone in your luggage and do not use it as a clock. You will need to bring a watch.