



Packing for the Retreat:

WHAT TO BRING

- ✓ Warm clothing is appropriate for most of the year. The mountain is usually 10 to 15 degrees colder than New York City. The indoor temperature of the monastery averages about 59oF for most of the year. Lots of warm socks! (We will be without shoes in the monastery)
- ✓ Your Curious Mind
- ✓ Sturdy shoes or boots for hiking
- ✓ Toiletries
- ✓ Linens, blankets, and bath towels are provided, but you may also bring your own.
- ✓ Prescription medications
- ✓ Plenty of meditation cushions and robes are available at the monastery
- ✓ A phone card, if you wish to make calls from a pay phone at the monastery. (There is no cell reception on the mountain). Boss cards work well.

Note: Yoga Mats and props are provided, but you are most welcome to bring your own.

WHAT NOT TO BRING

- ✗ Space heaters
- ✗ Perfume or any scented cosmetics, shampoos, soaps, medicinal ointments etc.
- ✗ Illegal drugs
- ✗ Weapons of any kind
- ✗ Although cell phones are not prohibited, there is no reception on the mountain.
- ✗ Any pets