

# What to Bring to the Retreat in Burma

The following is a general packing list. Of course, you may need things that are not listed. Please skip the things which you feel do not apply to you.

## PACKING LIST

### Meditation:

- Meditation pillow (Most Burmese do not use a meditation pillow or zafu, so bring one if you use one to sit. Foam mats will be provided in the meditation hall)
- Light shawl or thin blanket for meditating during the cooler hours (You cannot use the bed blanket in the meditation hall.)

### Documents:

- Passport, visas, 8-12 extra passport photos
- Copies of all important papers and documents; pack the copies separate from the originals

### Clothes:

- 4- 5 white shirts, short or long sleeve
- Silk or synthetic long-johns (e.g., Polypropylene or Capilene)
- Light turtleneck
- Warm sweater
- Light jacket
- A shawl or wrap
- Light or thin gloves
- 1 or 2 bandannas
- Socks
- 1 or 2 pair lightweight pants for travelling
- 1 or 2 long skirts for travelling
- Belt (for holding up a longyi in case you have a hard time tying it)
- Sunglasses
- Sun hat and a hat for warmth

### Toiletries:

- Toiletries bag, toothbrush and toothpaste, dental floss, soap, shampoo, razors, mirror, hair brush, nail clippers, light wash cloth and towels, tissues, and tampons

### Laundry:

- Laundry bag, clothespins (available in Burma), sewing kit, and safety pins

Miscellaneous:

- Umbrella (for rain and sun), mosquito repellent, water bottle, lighter and/or waterproof matches, Zip-Lock bags, Swiss Army knife, and scissors
- Flashlight, watch and alarm clock, camera and film, and extra batteries
- Light weight, strong rope (enough for a clothesline and other possible uses)
- Light sleeping bag (for the coldest nights; you can also get extra blankets from the center)
- Airtight plastic containers for food (yogis are permitted to keep food in their room for a snack from after breakfast until 12 noon only)
- Vitamin supplements and antibiotics
- Vegetarians should bring protein powder and/or power bars to supplement your diet

Mailing and Writing Materials:

- Duct tape, scotch tape, pens, and small notebooks for reporting in interviews