



What to Bring to Sesshin:

If you're not coming by plane, please bring bed sheets, towel, soap and a pillow and pillowcase, and also a sleeping bag or blanket if you can (we do have some blankets at the center). For those traveling by air, we will of course supply the larger items. Everyone please bring a pillowcase and flashlight. If any of this is a problem, let us know.

Also bring a brown zazen robe if you have one, since during sesshin everyone wears a robe. For those who don't own one, we have extras that people are welcome to borrow. Hopefully you'll find one that fits reasonably well. Anyone attending sesshin regularly would do well to order a personal robe for future needs, since our supply is limited.

You'll also need work and exercise clothing—free of words or patterns, in a subdued color and modest cut. Please avoid white or bright clothing, for example, and skin-tight yoga-type pants. All indoor sesshin clothing that is visible to others, including socks and clothes worn under robes, should be plain, muted in color and not eye-catching. Or ear-catching: please avoid synthetic pants, for example, that make a lot of noise when you walk.

Please bring only unscented or very lightly scented toiletries to sesshin, including deodorant and lotions. Anything noisy, like electric toothbrushes and hairdryers, are not to be used during sesshin. And if you bring personal sitting cushions, please be sure they are some shade of black or brown, with no visible white tags.

It's a good idea to bring a pair of house slippers or indoor shoes for work periods – especially useful if you work in the kitchen on the hard tile floor. And, with shared rooms the norm in sesshin, you might also wish to bring a set of earplugs. Snorers, please consider bringing one of those nose-fitting devices that help to reduce snoring.