

Packing Checklist

IMS provides sheets, pillowcases, towels, and washcloths, as well as blankets. (Feel free to bring your own if you prefer.)

Essential

- Disposable surgical or N95/KN95 masks - enough for your entire stay.
- All necessary special foods
- Plastic containers for special foods
- Medicines, vitamins, etc.
- Refillable water bottle for drinking water
- Unscented personal hygiene products
- Several layers of warm clothing for winter months
- Shawls or blankets for meditation hall use
- Slippers and/or indoor-only shoes

Optional

- Extra batteries
- Extra cash/checks
- Insect repellent and/or head net (spring and summer)
- Yoga mat
- Small portable fan (summer)
- Watch (please do not use beeper function during retreat) – alarm clocks are provided in each room

What Not to Bring

- Books
- Scented personal hygiene products
- Computers, cell phones, or beeper watches
- “Noisy” clothing (e.g., nylon) or shoes (squeaky or heavy)
- Candles or incense