

What to Bring When You Come to an IMS Retreat

A note about clothing: Weather in Massachusetts is extremely variable, so we recommend that you come well prepared, with clothing selected for comfort rather than style. Winters are cold, with rain, snow and ice. Even for indoor wear, you may appreciate long underwear, light gloves, a cap or scarf, a warm sweater or a shawl, and heavy socks. Summers can be hot; modest, lightweight clothing is the norm, including shorts. Please do not bring clothing made of noisy, rustling fabrics such as nylon.

Please bring a sufficient supply of clothing to last the duration of your retreat. Our laundry facilities are only available for hand-washing of clothes. (There are special arrangements for the Three-Month Retreat, Part 1 and Part 2; you will be given this information after you register.)

Essential

- NOTE: IMS now provides sheets, pillow cases, and towels, as well as blankets. At the Retreat Center, washcloths are not provided.
- Indoor-only soft-soled shoes or slippers. This helps contribute to the silence and overall cleanliness of our retreat environment.
- All necessary special foods and beverages (a yogi fridge is available)
- Plastic containers for special foods
- Refillable water bottle for drinking water
- Medicines, vitamins, supplements, etc.
- Fragrance-free personal hygiene products (IMS stocks these items for sale, for those with travel weight restrictions)
- Enough clothing for the entire retreat
- Effective masks (surgical or N95/KN95), one for each day of your retreat

Optional

- Extra blanket
- Cloth napkins
- Flashlight
- Extra cash/checks
- Watch (please do not use beeper function during retreat) – alarm clocks are provided in each room
- Extra batteries if you have any personal item that uses them
- Insect repellent and/or head-net (spring and summer)
- Yaktrax or Stabilicers (winter)
- Your own meditation cushion or bench, if you like. (IMS provides mats, cushions, and other meditation practice equipment.)

What Not to Bring

- Scented personal hygiene products
- “Noisy” clothing (e.g. nylon)
- Candles or incense

More information is available at our website – please visit www.dharma.org and check the [FAQs](#) [About Retreats](#) page.