



PACKING LIST

Dear students,

Below is a list of supplies to have for you on this retreat. Please make sure to keep your items as organized and simple as possible.

- ☐ Sleeping bag *
- ☐ Pillow*
- ☐ Blanket*
- ☐ Personal Tumbler/Bottle water
- ☐ Bath towel, toothbrush, tooth paste, shampoo, soap, razors...
- ☐ Flip-flop slipper and tennis shoes
- ☐ Sunscreen, mosquito spray, hat, sunglasses
- ☐ Prescriptions and Over-the-counter medications (EmergenC, Cold and Allergies, Tylenols, etc...)
- ☐ Comfortable clothes for sitting meditation
- ☐ Long robes and grey uniform **
- ☐ 1 Dark pant
- ☐ If you have, please bring:
 - Awake T-shirts (black, teal, and brown) **
 - Male: long sleeve teal dress shirt with gold tie
 - Female: UDMC teal Áo dài traditional dress

*** The center will provide these for out-of-state students.**

**** The center has the long robes, uniforms, and t-shirts available for ordering (if needed).**