

IPST SONOMA

PACKING CHECKLIST

Required

<input type="checkbox"/>	Bathing cap (optional)
*	Beach towel or floor mat
<input type="checkbox"/>	Cell phone
<input type="checkbox"/>	Cell phone charger
*	Flashlight (Westerbeke provides for residents only)
<input type="checkbox"/>	Hair dryer
*	Hat
<input type="checkbox"/>	Hiking shoes (optional)
<input type="checkbox"/>	Hiking shoes or boots (optional)
*	Insect repellent
<input type="checkbox"/>	iPad
<input type="checkbox"/>	iPod
*	Jacket
<input type="checkbox"/>	Laptop
*	Layered clothing (temp range = 50 to 80 or 90; 100 in heat wave) (main training room is air conditioned)
<input type="checkbox"/>	Long trousers, light-colored, for hiking (optional)
<input type="checkbox"/>	Long-sleeve, light-colored shirt for hiking (optional)
<input type="checkbox"/>	Meditation suit (recommended for final Zhikr)
<input type="checkbox"/>	Musical instrument (non-amplified)
*	Sandals or flat shoes
<input type="checkbox"/>	Socks
*	Sun glasses
*	Sunscreen
*	Sweater
<input type="checkbox"/>	Swim suit (optional)
<input type="checkbox"/>	Tai Chi shoes (optional)
<input type="checkbox"/>	Toiletries
<input type="checkbox"/>	Towel for hot tub (provided for residents only)
<input type="checkbox"/>	Towel for swimming pool (provided for residents only)
<input type="checkbox"/>	Underwear
<input type="checkbox"/>	Wallet
*	Water bottle
*	Yantra: Crazy Wisdom Deity
<input type="checkbox"/>	Yantra: Universal Logos (optional)
*	Yantra: Universe
<input type="checkbox"/>	Zafu (optional)
*	Zhikr belt
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	