

IPST2019ost

PACKING CHECKLIST

Required

	Bathing cap (optional)
*	Beach towel or floor mat
	Cell phone
	Cell phone charger
*	Flashlight
*	Hat
	Hiking shoes (optional)
	Hiking shoes or boots (optional)
*	Insect repellent
	iPad
	iPod
*	Rainjacket
	Laptop
*	Layered clothing (temp range = 50 to 80)
	Long trousers, light-colored, for hiking (optional)
	Long-sleeve, light-colored shirt for hiking (optional)
	Meditation suit (recommended for final Zhikr)
	Musical instrument (non-amplified)
*	Sandals or flat shoes
	Socks
*	Sun glasses
*	Sunscreen
*	Sweater
	Swim suit (optional)
	Tai Chi shoes (optional)
	Toiletries
	Umbrella [lo]
	Underwear
	Wallet
*	Water bottle
*	Yantra: Crazy Wisdom Deity
	Yantra: Universal Logos (optional)
*	Yantra: Universe
	Zafu (optional)
*	Zhikr belt