



dai bosatsu zendo



Packing | What to Bring

- Loose, comfortable, quiet, modest clothing for meditation
- Sturdy shoes or boots for outdoor work
- A flashlight
- Warm clothing is appropriate for most of the year. The mountain is usually 10 to 15 degrees colder than New York City. The indoor temperature of the monastery averages about 59oF for most of the year.
- Wintertime: The outdoor temperature ranges from about 0oF to about 40oF. The indoor temperature ranges from about 50oF to about 65oF. We get plenty of snow. If you come during the winter, you should bring a winter coat, hat, and gloves. Snow boots are a good idea. Consider bringing clothing that can be layered.
- Comfortable, non-distracting clothing for work – preferably something that can get dirty.
- Toiletries
- Linens, blankets, and a bath towel are provided, but you may also bring your own.
- Prescription medications
- Plenty of meditation cushions and robes are available at the monastery, but if you have zen-style cushions or robes of your own, you are welcome to bring them. Students who consider their practice to be an important element of their life should seriously consider purchasing their own robes.
- A pair of clean white socks or tabi for ceremonial occasions
- A phone card, if you wish to make long distance or international calls. (N.B.: phone calls and internet use are limited to rest days and must be kept moderate).
- It is traditional to bring a small offering when visiting a Buddhist temple or monastery. Some common examples are: flowers, tea, sweets or snack items – bread, cookies, candy, produce, honey, etc. Other supplies such as bandages/first-aid items, safety gear, notebooks, or small kitchen gadgets are also welcome. You may also consider small hardware/outdoor items like gardening tools, work gloves, or paintbrushes/rollers. Anything not listed here that you think may be of use is certainly welcome too!

What Not to Bring

- Space heaters
- Perfume or any scented cosmetics, shampoos, soaps, medicinal ointments etc.
- Any meat or fish products
- Illegal drugs
- Alcohol
- Weapons of any kind
- Although cell phones are not prohibited, there's no reception on the mountain.
- Musical instruments
- Radios, CD or MP3 players, or any other digital music players
- Pets