



*Before coming to Yokoji for an overnight stay, retreat or period of residential training, please read through this list of items so you will be prepared for your visit. If you have any questions, please contact the office at (951) 659-5272 or [zmc@zmc.org](mailto:zmc@zmc.org).*

## What to Bring

1. Battery operated Flash light.
2. Sleeping bag or comforter and pillow(s).
3. Towel.
4. Shower supplies.
5. Battery operated alarm clock.
6. Wrist watch.
7. Seasonally appropriate clothing. It is cold in the winter and hot in the summer but can be sunny year round.
8. Sun protection—year round.
9. Old clothes for working in. You may be cleaning inside or outside, working in the kitchen or working outdoors so you may get dirty.
10. Clean, dark, logo-free and loose-fitting clothing for zazen.

## What not to Bring

1. Electrical items without prior consent. CPAP machines are OK.
2. Especially no hair driers, curlers or straighteners or space heaters.
3. There is no internet access for guests, so please don't bring (with the intent of using) laptops or wi-fi enabled devices.
4. You can bring a cell phone, but there is virtually no reception here, so please keep it turned off.