

The Windhorse Retreat Center @ High Winds Official Reminder List For Group Retreats

Food

Food is provided at WRC scheduled programs, but you might want to bring along your favorite ...teas, chocolate, chips, supplements etc. If you inform us ahead of time, we will have vegetarian alternatives when meat is served, but if you have special dietary needs or are extremely particular about your food, please make arrangements to bring along the additional items that you need. Please confer with the coordinator on this matter, so that you get what you need.

Bedding & Bath

Please bring a pillow-case and sleeping bag or favorite comforter/blanket---and 2 sheets if you want---your bed will be double or twin size. (I find that familiar bedding, including one's own pillow helps one sleep comfortably in new places. **Highly recommended!**)

Toiletries

Towels and washcloth

Practice Materials

Bring along your special liturgies, texts and study materials. Also, if you need them...special cushions, malas, clothing for prostrators, etc., otherwise we have cushions, chantbooks, dharma books, etc.

Your Basic Comfort Stuff

You might want to have:

Favorite hat

Rain or snow gear

Hiking shoes/boots

Flashlight

Sunscreen

Insect repellent

More Chocolate

Staying Warm at Winter Retreats ---Important!

Because: 1) the room temperature fluctuates a lot; 2) people have vastly different inner thermostats; 3) heating fuel is very costly; and 4) we are highly ecologically-minded, please do what you can to keep yourself warm and toasty---rather than keeping every space in the building warm and toasty. To do this, please bring along...

Slippers (**Highly Recommended!**)

Warmer thicker socks for practice sessions

A fleece sweater (**Oh So Very Highly Recommended!!!**) down vest, or wool sweater (Also, we have numerous fleece blankets in the easternmost bedroom, please avail yourself of them!)

Winter outdoorsy types might want to bring cross-country skis, ice skates, snowshoes...