

What To Bring.
Specific for Coronavirus
A supply of masks
Laptop or other platform for Zoom

Clothes:

- Loose fitting, warm clothes. (Please, don't bring 'noisy' clothes of some modern material.)
- The mean temperature is held at 18 degrees centigrade.
- Enough clothing for up to two weeks.
- Only meditators staying over two weeks will be able to use the washing machine.
- You can, of course, wash your clothes by hand any time.
- Outdoor wear to guard against the often inclement Welsh weather.

Important

Please dress modestly: 'not to use clothing that reveals or emphasises the person's figure' OED

For example: women - wear long skirts and loose fitting trousers *over* leggings; men - when hot not to wear shorts or just vests, but loose fitting shirts

Our attitude should respect the vow of celibacy we all take.

Bedding:

- Bring 2 single sheets and 2 pillow cases. This saves us time and cost.
- We supply duvets that normally cover all season but, if you know yourself to be sensitive to cold, please bring an extra sleeping bag or blanket/duvet.
- Earplugs just in case...

Toiletry:

- Bring everything you need - we will supply soap and sanitizer.
- Please do not bring perfumes, after shaves or scented ointments.
- If you use ointments and creams, make sure they are not scented e.g . E45
- We have installed a bidet in the bathrooms. The hope is that we stop throwing as many trees as we do in the form of paper down the toilet.
- Youtube: *For those who are unaccustomed to the bidet.*

Valuables:

Do not bring anything of great value with you. Satipanya cannot recompense any property lost or damaged.

What not to bring.

*alcohol, recreational drugs. Habitual smokers may smoke off property. *musical instruments, radios, mp3 players and ipods; *jewellery and valuables; *cosmetics, including scented creams, etc *'noisy' clothes; *dogs, cats, pet ferrets or any other cuddly creature.

If you cannot resist the mobile, hand it in to the office.

Checklist:

Toiletry	Bedroom	Clothing
Toothbrush and paste	Alarm clock	Warm clothing for indoor and outdoor use
Unscented deodorant	2 Sheets	Raingear - raincoat, umbrella
Unscented creams		Outdoor shoes/boots
Shampoo	2 Pillowcases	Indoor shoes/slippers
Shaving kit	Earplugs	An extra pair is handy or thick socks for your room
Sanitary supplies		
Towel		
Extra small towel for bidet		
Medicines		
Face masks		
Laptop/tablet or phone		

Please do not come without pillow cases and sheets! Thanks

*You might like to bring some edible offering especially for breakfast to share with the group :e.g. nuts, marmite, jam, dried fruit - ONE ITEM ONLY PLEASE.