

## What To Bring.

### Specific for Coronavirus A supply of masks Tests

#### Clothes:

- Loose fitting, very warm clothes. Windows are open come what may. (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 pillowcases. 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:**

<b>Toiletry</b>	<b>Bedroom</b>	<b>Clothing</b>
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		<b>NB Mask and test</b>
Medicines		
Face masks		
Laptop/tablet or phone		

**Please do not come without pillowcases 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.