

## Clothing and Equipment for Tassajara Practice Period

When choosing your clothing, please take into account that most of your time will be spent either outdoors or in the Zendo (and that work clothes are not worn in the Zendo). All laundry is done by hand, and during the winter rainy season, it can take several days for clothes to dry. Most of the rooms are not heated, but the Zendo and Dining Room are heated. Temperatures can get down to freezing in the winter months.

**Work Clothes:** You should bring work pants, shirts, sweaters, work shoes, warm jacket, hat, gloves, long underwear and rain gear. There are often also clothes available in “Goodwill” at Tassajara; as are some rubber boots, should they be necessary for your work.

**Zendo Wear:** Black sitting robe is required for all Zendo events. A robe belt and under robes: a white jubon (shirt-like garment worn under the kimono) and light colored kimono, are also traditional, but not required. Long underwear worn under your robes should be black, dark blue, white or gray. Any socks worn in the Zendo should be of the same colors. Please bring a pair of white socks or tabi for ceremonial wear. Please also bring shoes that can slip on/off easily, but are appropriate for dirt paths, rain, etc. (many students have clogs or “duck” style rubber shoes).

**Oryoki and Sitting Cushions:** Please bring your own oryoki. If you do not have a set, they can be purchased from City Center and Green Gulch. Contact the Abbot’s Assistant if you need help obtaining a set. Sitting cushions are provided for Zendo use. If you would like meditation cushions in your room, please bring your own.

**Bedding:** Please bring a sleeping bag or bedding appropriate for 0 degree weather, you may also want to bring flannel sheets and any extra pillows you may need. Tassajara provides cotton sheets, and wool blankets.

**Other:** Please also bring your own toiletries\*, a flashlight, an alarm clock, an umbrella, and a mug labeled with your name for use while you are at Tassajara. For Study, you will need a Sutra Cover: a cloth covering for your books. You may also want to bring a sewing kit, a hot water bottle, and a thermos.

**Suggestions:** - Mark your belongings with your name or initials.

-During Practice Period, there will be “personal town trips” about once a month, when a staff member will go out and buy up to five items on your behalf. You are expected to pay for town trip items at the time of purchase. You can also order items from catalogues with a credit card or checks if you have a checking account.

\*Because Tassajara’s septic systems are fragile, we provide “biodegradable” shampoos and soaps free of charge for the community’s use. If you need to bring your own shampoo or soap, please be certain that they are “biodegradable,” and are suitable for use in Tassajara’s systems. (You can call Tenshin Anderson’s Assistant if you have specific questions).