**ADZG Camping Sesshin**What to Bring

**Personal:**  
tent  
sleeping bag, pad, etc.  
water bottle  
bug spray  
sunscreen  
head lamp or flashlight  
toiletries  
ALARM CLOCK  
personal zafu or other sitting support(s) (we will have cushions and chairs available)

**To Wear:**  
comfortable, dark-colored sitting clothes  
LONG PANTS, CLOSED SHOES, SOCKS for nature walks  
RAINWEAR  
sleepwear  
other informal attire (shorts ok)  
swimsuit  
mosquito netting if you have some

**To Share:**cooler (if you have one)  
creativity & enthusiasm

**Please Don’t Bring:**pets  
alcohol or other recreational substances