**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