

Open Sky Practice Personal Gear List

Please take time to read the following information before making equipment choices. Feel free to contact us anytime with further questions.

Shoes

We'll be taking two afternoon hikes with light daypacks. One of the hikes will lead us into steep and rocky terrain. With the advent of ultralight backpacking, some people prefer to use low-top day hiking or trail running shoes. If you have experience traveling in uneven terrain with these types of shoes, you're good to go. For those with little hiking experience, a traditional ankle high-top rigid-sole hiking boot for added support is recommended.

Clothing

Keep in mind that summer mountain weather can range from warm and sunny to cold, windy, and wet. Early morning temperatures can be in the low 40s or even 30s, only to rise into the 80s by late afternoon. Wool, capilene, polypropylene, fleece, and synthetics will keep you comfortable and dry through a range of environmental conditions. Avoid cotton. Dressing in layers allows adaptability to changing weather conditions. Keep in mind that we will be practicing Open Sky zazen at sunrise as well as during and after sunset. There will be no showers during the retreat.

Bags

Our camp is a 5-minute walk from the Zendo. You will need a large backpack to shuttle your gear between the zendo, the camp, and various outdoor practice locations. Do not bring a duffle bag! In addition, please bring a daypack for afternoon hikes.

Nothing Extra

Using proper gear in an outdoor setting will keep you comfortable under demanding circumstances. This approach, however, does not necessitate bringing extra possessions into the field. Consider bringing only essentials. Simplicity is liberating.

Please limit your gear to the items listed below. Please do not bring pets, firearms, electronic equipment (incl. phones), recreational drugs, or anything listed under 'Group Equipment.'

Upper Body Layers

- T-Shirts (2-3)
- Mid-Weight Base Layer (1)
- Vest or Second Base Layer (1)
- Outer Warm Jacket (1) – preferably down
- Rain Jacket (1)

Lower Body Layers

- Underwear (2-3)
- Long Underwear (1) and/or Fleece Pants (1)
- Shorts (1)
- Hiking Pants (1)
- Rain Pants (1)

Head, Hands and Footwear

- Sun Hat (1) – baseball cap and/or sombrero
- Warm Hat (1)
- Bandana (1, optional)
- Sunglasses (1)
- Gloves (1)
- Hiking Shoes (1) – see explanation above
- Socks (1 for sleeping only, 2 for hiking)
- Camp Shoes (1) – Crocs or other slip-on shoes or lightweight sneakers
- Wrist watch (1)

Pack and Sleeping System

- Large Backpack (1) – see explanation above
- Daypack (1) – for afternoon hikes and carrying gear around
- Ground cloth (1) – the tent has no footprint
- Sleeping Bag (1)
- Sleeping Pad (1) – air mattress or foam
- Pillow (1)

Miscellaneous Items

- Water Bottle (1-2)
- Camping Mug (1) – for hot drinks in the morning and evening
- Bowl (1) & Spoon (1) – for mountain oryoki practice
- Headlamp (1)
- Toiletry Bag (1) – for dental care, meds, lotion, etc.
- Sunscreen (1)
- Notepad & Pencil (optional)
- Trekking Poles (optional) – recommended if you need knee support going downhill
- Outdoor Zafu (1) – inflatable cushions can be found online
- Outdoor Mat/Zabuton (1) – yoga mats or foam sleeping pads work for this

Group Equipment (Please do not duplicate!)

- Tents and Tarps (except for the ground cloth mentioned above)
- Cooking Gear
- Food and Snacks
- Coffee and Tea
- First Aid Kit