

SKY MIND RETREATS

ESCALANTE MEDITATION RETREAT WHAT TO BRING

The most important thing you can bring to any wilderness trip is a flexible attitude, ready to cheerfully accept the surprises that nature and circumstances may present. In addition, it helps if clothing, equipment and physical conditioning are adequate. The list is only a guide; you are free to make adjustments based on the equipment you actually have. If you are unsure of what to take, or have concerns about your equipment or personal conditioning, send an email to retreats@deserthharma.org. **Do not bring: guns or other weapons, alcohol or illegal drugs, Cell phones (including iphones etc.), iPods or music players, or books.** These last items are discouraged because they add weight and remove us from the present moment and detract us from deepening practice.

Please keep your total personal weight to about 25 pounds. To this will be added about 10-12 pounds of group food and cooking equipment, plus two liters of water - another 4 lbs. Total pack weight will thus be somewhere between 30 and 40 pounds. The leaders will be happy to inspect your pack at the trailhead, to help you eliminate unneeded items. Every pound is felt with every step!

Remember that packing for a wilderness trip can take time and careful assessment. Give yourself several days, preferably weeks, to acquire and familiarize yourself with your equipment. It is a necessity that your boots be broken in, so if your preparation for this trip included the purchase of a new pair of boots then get outside and put several miles on those shoes!

Make sure to prepare for bad weather! Do not let dry canyon country fool you. Most days will be very sunny but in April a spring storm bringing rain or snow and strong wind is quite likely. Average daytime high temperatures for this period are 65 degrees F, nighttime lows 40 degrees. Historical extremes are: high 90, low 28 degrees F. Average April rainfall is 0.42 inch. Sitting may be cool at times: Please be sure you have sufficient clothes to sit in the early and late hours of the day. (You can use your sleeping bag for extra warmth.)

- CLOTHING**
- _____ Sturdy lightweight boots, comfortable and broken-in, with Vibram or other good soles or hiking shoes you are familiar and comfortable with for backpacking.
 - _____ Socks: 2 or 3 pair, wool or polypro, plus liners. One pair is to stay dry and clean for camp.
 - _____ Rainsuit - both jacket and pants, lightweight but tough (forget the K-Mart cheapies).
 - _____ Insulated parka (down or other lightweight material) or fleece jacket.
 - _____ Lightweight windbreaker - serves as a warm but light layer.
OR down vest, or other light insulating layer to add a bit extra in case of cold.
 - _____ Warm pullover cap and gloves. Very necessary!
 - _____ Long loose-fitting pants
 - _____ Long sleeve cotton or nylon supplex shirt (for protection against sun and possible insects).
 - _____ T-shirts or similar(2).
 - _____ Long underwear top and bottom – wool, capilene or other non-cotton material.
 - _____ Underwear (2-3). (Can be washed during the retreat)
 - _____ Hat for sun protection for face and neck.
 - _____ Bandanna.
 - _____ Clean clothes to be left in car, to change into after the retreat.

Every extra item adds weight. You'll be lifting it with every step, every day.

- Optional** _____ Hiking shorts.
 _____ Crocs or other lightweight footgear to wear around camp.
 _____ Swimsuit (Probably not needed - men and women swim separately).

- FOOD** _____ **Your choice of hot and cold drink mixes.** (herb tea, cider, cocoa, coffee, etc.)
 Hot water for drinks will be available before breakfast and after dinner.
 _____ **Your choice of trail snacks.** (trail mix, candy, dried fruit, power bars, etc.) small amount is usually sufficient – up to 1 lb total.

- EQUIPMENT** _____ Large internal frame backpack, large enough to carry shared food and commissary equipment, in addition to personal gear.
 _____ Rain cover for backpack (coated nylon) OR large plastic leaf bag.
 _____ Lightweight sleeping bag, good to freezing (30 F).
 _____ Ensolite foam and/or Thermarest air mattress.
 _____ Lightweight tent or bivouac bag, each person needs their own. (be prepared to pitch your tent on slickrock, this may require extra chord for tie downs to rocks.)
 _____ Plastic ground cloth.
 _____ Sunglasses.
 _____ Plastic one-liter water bottles (two), if bringing a hydration bottle, it can be helpful to have another plastic bottle to use when purifying water.
 _____ Personal water purification system (choose one): chlorine dioxide drops (Aquamira is an excellent option), Iodine pills (Potable Aqua), UV purifier, or filter pump.
 Please have your own personal system, rather than planning to share.
 _____ Hand sanitizer (very small personal bottle, additional will be available)
 _____ Personal toilet paper supply, in a plastic bag to keep dry. (extra bag for used)
 _____ Whistle (for emergency signaling only).
 _____ Personal First Aid, including moleskin or athletic tape for blisters. (We will have a more substantial first-aid kit.)
 _____ Personal medications.
 _____ Personal and medical I.D.
 _____ Sunblock or sunscreen.
 _____ Mosquito head net. For sitting meditation.
 _____ Toothbrush and toothpaste.
 _____ Small flashlight or headlamp, with extra batteries.
 _____ Lightweight cup, bowl, and spoon (fork optional). Having both a bowl and a cup is nice so that you can have tea with your food.
 _____ Sanitary supplies for all pre-menopausal women.
 _____ Extra set of car keys - all drivers (Can be safety-pinned to inside of pack pocket).
 _____ Crazy Creek or Thermarest chair, small inflatable cushion, etc., for comfort in sitting practice. (Omitting this can lead to lots of envy meditation.)
 _____ Watch (for occasional use during free periods, not on a phone)

- Optional** _____ Hiking Pole(s), for extra stability and support. Highly recommended for those with weak ankles or knees.
 _____ Insect Repellent. Not bug season, but there may be some mosquitoes.
 _____ Very lightweight day pack for afternoon walks.
 _____ Toiletries – hand sanitizer, bandana or small pack towel, biodegradable soap (**not** to be used in or near streams), comb, hand lotion, etc.
 _____ Small note pad and pen.
 _____ Small pocket knife (Swiss Army, etc.)

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ITEMS PROVIDED BY TRIP ORGANIZERS

1. All group meals.
2. Salt, pepper, and some spices.
3. Stoves, fuel, fuel bottles, funnel/pouring spout.
4. Cooking pans, lids, and cooking utensils.
5. Rope and cord for commissary use.
6. Trash bags for group trash.
7. Dish soap and other clean-up items.
8. Hand sanitizer (alcohol based gel).
9. Jug or pot for occasional bath/laundry.
10. First-aid kit for emergencies.
11. Basic repair kit.
12. Group trowel for toilet use.
13. Kitchen rain fly (shelter for cooks).
14. Backcountry permits.

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