

## Clothing and Equipment for Tassajara Practice Period

When packing clothing, consider that most of your time will be spent outdoors or inside the Zendo (work clothes are not worn in the Zendo). All laundry is done by hand and dried on outdoor lines. While the Zendo and Dining Room are heated, most rooms are not, and temperatures can drop below freezing in late fall.

### Zendo Attire:

- Required: Black sitting robe and robe belt for all Zendo events (simple robe belts available at Tassajara).
- Traditional (optional): Light-colored kimono or under-robe with a white jubon (shirt-like garment worn under the kimono).
- Long underwear under robes should be black, dark blue, white, or gray.
- Socks worn in the Zendo should be black, dark blue, white, or gray.
- Solid white socks (or tabi or bessu) are required for certain Zendo ceremonies.
- Scarves and shawls permitted in black, gray, or navy blue.

### Footwear:

- Bring shoes that slip on/off easily and are suitable for dirt paths and rain (many use clogs, mules, or duck-style rubber shoes).

### Sitting Robes:

- Tassajara has limited robes available to borrow; consider purchasing from:
  - **Still Sitting** (Soto style lay robes, ~ \$285; kimono, ~ \$170)
  - **Four Gates** (Soto style lay robes, ~ \$299; kimono, ~ \$179)
  - **Great Patience Zen Stitchery** (custom-made robes, \$200; kimono, ~ \$115)
  - **Etsy** and **Ebay** often have robes available.

### Oryoki and Sitting Cushions:

Tassajara does not rent oryoki sets; you must bring your own (plain white cloths, no printing or embroidery). If you need to purchase an oryoki set, contact the Ino (head of meditation hall) of Tassajara, City Center, or Green Gulch immediately ([zmcino@sfzc.org](mailto:zmcino@sfzc.org), [ccino@sfzc.org](mailto:ccino@sfzc.org) or [ggfino@sfzc.org](mailto:ggfino@sfzc.org)). Sitting cushions are provided for zendo use. If you bring your own cushions, they should be solid black.

### Work Clothes:

- Bring work pants, shirts, sweaters, work shoes, warm jacket, hat, gloves, long underwear, and rain gear. Some items may be available at Tassajara's Goodwill.

### Bedding:

- Bring a sleeping bag suitable for 20-degree weather and an extra pillow. Tassajara provides linen service for cotton sheets and pillowcases.

**Other Essentials:**

- Bring a towel, toiletries\*, flashlight, battery-operated alarm clock, and umbrella.
- Consider bringing a hot water bottle, thermos, and containers for day-off bag lunch.

\* Because Tassajara's septic systems are fragile, we provide biodegradable, fragrance-free shampoos and soaps for the community's use. If you feel you need to bring your own shampoo or soap, please be certain that they are fragrance-free and biodegradable.

**Additional Tips:**

- Mark your belongings with your name or initials.
- During Practice Period, there may be a personal town trip for purchasing up to five items; payment is required at the time of purchase.