

Appendix I: Checklists

Packing List

Required Items

!=Must | *=Highly Recommended | ~=If Available | ?=As Needed

Personal Hygiene				
✓/X	Item	Quantity per Day	# of Days	Total Quantity
	! Shampoo	n/a	X___	
	! Conditioner	n/a		
	! Body Wash	n/a		
	! Tooth Brush	n/a		
	! Tooth Paste	n/a		
	? Retainer/Denture	n/a		
	? Retainer/Denture Cleaner			
	? Dental Floss	n/a		
	! Deodorant	n/a		
	! Feminine Hygiene Product			

Personal Care

✓/X	Item	Quantity per Day	# of Days	Total Quantity
	Medication(s), Medical Device(s), Glasses/Contacts, & Nutrition Supplement(s)			
			X___	
	? Incontinence Products			
	? Sleep Apnea Machine			
	? Anti-Snoring Device			
	? Ear Plugs for Sleep			
	* Lip Balm			
	* Facial Moisturizer			
	* Hand/Body Lotion			
	! Bath Towels & Face Towels			
	* Sunscreen			
	* Insect Repellent			
	? Loofah/Washcloth	n/a		
	? Nail Clippers			
	? Hairbrush/Comb			
	? Hair Dryer (Travel Size)			
	? Sleeping Mask			
	* Travel-Sized Facial Tissues			
	* Personal Travel First Aid Kit			
	* Cotton Swabs (Ex. Q-tips)			
	* Wet Wipes (Do not flush)			

Temple Clothing						
✓/✗	Item	Quantity per Day	# of Days	Total Quantity		
	~ Temple Clothing Sets	1 set per 1–2 day(s)				
	~ Temple Robe (Áo Tràng)	n/a		1		
	? Saṃghāti (Y hoặc Y Nâu)	n/a				
Dailywear, Sleepwear, Socks, Undergarments, & Indoor Footwear						
✓/✗	Item	Quantity per Day	# of Days	Total Quantity		
	* Hoody or Sweater	n/a				
	* Lightweight Windbreaker Coat					
	! Undershirt	1 per 1–2 day(s)				
	! Short-sleeve/Long-sleeves	1 per 1–2 day(s)				
	! Pants	1 per 2 day(s)				
	! Pyjama Sets	1 per 2-3 nights				
	! Socks	1pair/1day + Extra				
	! Undergarments	1pair/1day + Extra				
	* Indoor Shoes/Slippers !Labeled	n/a				
Seasonal Considerations						
✓/✗	Item	Notes:		Total Quantity		
	? Thermal Regulating Pants	Autumn / Winter / Spring		1 per 1–2 day(s)		
	? Thermal Regulating Shirt			1 per 1–2 day(s)		
	? Thermal Regulating Socks			1 per 1–2 day(s)		
	! Gloves / Mittens					
	? Scarf					
	? Toque/Beanie					
	? Insulated (winter) boots					
	* Insulated Coat / Parka					
	? Raincoat			Summer		
	? Rainboots					
	? Hiking Shoes / Sneakers					
	? Travel Umbrella					
	? Outdoor Sandals / Slides					
	* Hat/Visor (Sun Protection)					
Other Items						
✓/✗	Item	Notes:				
	? Laptop / Tablet / iPad	If possible, do not bring these items unless <i>absolutely necessary</i> for work or school. Wi-Fi is given for work or school only and during allotted times only. Plan accordingly.				
	? Smartwatches					
	? Headphone, Ear(phone/bud)					
	? Converter & Charging Cables					
	? Cash	For unforeseeable expenses, use at onsite gift store, donations to the community, etc. Be mindful not to bring excessive amounts.				
	? Small Gifts	Although not necessary, it may be nice to bring a few small gifts to share with any new friends that you may make during your time at the retreat.				