



# Advanced Training >

August 15-17, 2014

## Checklist of Items to Bring to the Advanced Training 6 Session

The following checklist will help you prepare for the Advanced Training 7 session. The Advanced Training session will be held at the Sacramento Betsuin, so please plan to dress accordingly.

- v Ojuzu, retreat robe, okesa, seiten
- v Medications—*please place in original containers so there is no question as to content or dosage.*
- v Sleeping bag (air mattresses will be provided).
- v Pillow—we will provide pillows if you care not to bring one
- v Bath towels
- v Toiletries
- v Clothes appropriate for service
- v Cool clothing
- v Spending money

### Notes:

- v Please mark items such as towels, bedding material and clothing so that they can be easily identified.