

## What to Bring on Personal Retreat Cochise Stronghold Retreat

### **Summer: May-September**

Summer daytime temperatures regularly get above 90 degrees (“But it’s a *dry* heat :”), cooling to the 70s at night. The hottest months are May and June. July typically brings cooling with a rainy “monsoon” season. During rainy times, day temperatures will cool to the 70s or 80s in the day and as low as 60s at night, also bringing out many insects, including mosquitoes. Any season can have strong winds one day, still air the next.

The terrain is natural with large trees, lots of brush and high desert vegetation.

#### **Clothes**

Sturdy shoes, tough pants (e.g. jeans), shirt for outdoor trail walking and/or work service. The desert has lots of pokey plants and rocks in it!

Comfortable, light, layers for meditating/sleeping. There is a washing machine if you will be staying longer than your clothing supply allows. For long retreats, you may want your own clothes detergent.

You may want lightweight long sleeves and pants even in summer to keep the hot sun off you, although many enjoy shorts and t-shirts.

Broad-brimmed sun hat for walking meditation and other outdoor activities  
Lightweight rain coat (rainy season)

#### **Personal items**

Your regular personal items, plus

Sunscreen

Mosquito repellent – most important July-September.

Sunglasses

Water bottle

Earplugs in case of others snoring – if you are staying in the Yurt at the same time as others

Any special meditation cushions. There are cushions (zafus and zabutons) and chair seating in the meditation yurt for you to use.

Flash light or headlamp

Time-keeping device for your sitting and walking meditations. Small and silent is best.

There are some neat meditation apps for phones now, like Insight Timer. Please keep your phone in airplane mode when you are around other retreatants.

Your own camping gear if camping. Ask in advance if there's something you don't have, as we may have a spare you could use (camping mattress, sleeping bag, etc.)

**Groceries:** Personal retreats are self-catered. Please bring your own food to start and if you need additional supplies, someone can get them for you on a weekly basis if you give us funds and a list.

**Offerings for the teacher**

Donation money, cards, sweet meaningful gifts, anything that you think you may want to be able to offer Culadasa at the end of your retreat and will wish you had brought.

**What is provided:**

Sheets, towels, blankets, and pillows are all provided.

**Next season starts on next page...**

## **Winter: December - February**

Midday temperatures can be as low as the 50s during the day if the sun is shining. Nighttime temperatures can get below freezing. Any season can have strong winds one day, still air the next.

The terrain is natural with large trees, lots of brush and high desert vegetation.

### **Clothes**

Sturdy shoes, tough pants (e.g. jeans), shirt for outdoor trail walking and/or work service. The desert has lots of pokey plants and rocks in it!

Layered, comfortable clothing that can allow you to handle the temperature extremes from warmish/coolish days to potentially freezing nights.

All the indoor spaces (Casita, Agave, Yurt, trailers) have heating, but you may want warm sleeping clothes. There is a washing machine if you will be staying longer than your clothing supply allows. For long retreats, you may want your own clothes detergent.

Sun hat (you may want this even in Winter), warm hat, warm gloves

### **Personal items**

Your regular personal items, plus

Sunscreen (you may want this even in Winter)

Sunglasses (you may want these even in Winter)

Water bottle

Earplugs in case of others snoring – if you are staying in the Yurt at the same time as others

Any special meditation cushions. There are cushions (zafus and zabutons) and chair seating in the meditation yurt for you to use.

Flash light or headlamp

Time-keeping device for your sitting and walking meditations. Small and silent is best.

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### **Offerings for the teacher**

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**What is provided:**

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## **Autumn/Spring: October November & March April**

The Fall and Spring are the “easiest” seasons to be at the Strongold, as they are for many places, with temperatures not too warm in the day although there is the possibility of cold nights (even down to freezing).

The terrain is natural with large trees, lots of brush and high desert vegetation.

### **Clothes**

Sturdy shoes, tough pants (e.g. jeans), shirt for outdoor trail walking and/or work service. The desert has lots of pokey plants and rocks in it!

Layered, comfortable, clothing that can allow you to handle the temperature extremes from warmish/coolish days to potentially freezing nights.

All the indoor spaces (Casita, Agave, Yurt, trailers) have heating, but you may want warm sleeping clothes. There is a washing machine if you will be staying longer than your clothing supply allows. For long retreats, you may want your own clothes detergent.

Sun hat , warm hat, warm gloves (you may want any of these in Fall/Spring)

### **Personal items**

Your regular personal items, plus

Sunscreen (you may want this even in Fall/Spring)

Mosquito repellent (generally more needed in Fall than Spring)

Sunglasses (you may want these in Southern Arizona any time of year)

Water bottle

Earplugs in case of others snoring – if you are staying in the Yurt at the same time as others

Any special meditation cushions. There are cushions (zafus and zabutons) and chair seating in the meditation yurt for you to use

Flash light or headlamp

Time-keeping device for your sitting and walking meditations. Small and silent is best.

There are some neat meditation apps for phones now, like Insight Timer. Please keep your phone in airplane mode when you are around other retreatants.

Your own camping gear if camping. Ask in advance if there’s something you don’t have, as we may have a spare you could use (camping mattress, sleeping bag, etc.)

**Groceries:** Personal retreats are self-catered. Please bring you own food to start and if you need additional supplies, someone can get them for you on a weekly basis.

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Donation money, cards, sweet meaningful gifts, anything that you think you may want to be able to offer Culadasa at the end of your retreat and will wish you had brought.

**What is provided:**

Sheets, towels, blankets, and pillows are all provided.