

Clothing and Equipment for Tassajara Practice Period

When choosing your clothing, please take into account that most of your time will be spent either outdoors or in the Zendo (and that work clothes are not worn in the Zendo). All laundry is done by hand, and during the winter rainy season; it can take several days for clothes to dry. Most of the rooms are not heated, but the Zendo and Dining Room are heated. Temperatures can go below freezing in the winter months.

Zendo Wear:

- A black sitting robe and robe belt are required for all Zendo events. (Simple robe belts are available at Tassajara.)
- Also traditional, but not required, are under-robos, consisting of a light colored kimono or under-robe, and a white jubon (shirt-like garment worn under the kimono).
- Long underwear worn under your robes should be black, dark blue, white or gray.
- Socks worn in the Zendo should be only black, dark blue, white or gray.
- **Solid white socks (or tabi or besu) are required for some Zendo ceremonies.**
- Scarves and shawls may be worn if black, gray or navy blue.
- Please bring shoes that can slip on/off easily, but are appropriate for dirt paths, rain, etc. (many students have clogs or “duck” style rubber shoes).

Sources for Sitting Robes

Because Tassajara has only one or two robes available for use, here is information about places where you may purchase lay robes for use during the practice period.

City of 10,000 Buddhas sells Chinese style robes, which are a little different from ours, but fine for Tassajara. They are \$55, lightweight polyester (looks like silk), black, and come in various sizes. Their email is: town1113@gmail.com. They will need your size, and perhaps your measurements.

[Four Gates](#) has traditional Soto style lay robes for \$179. These are ready-made, and come in various sizes.

[Myojostar.com](#) offers a custom made open-style lay robe for \$165.

[Zabu Zabu](#) also has custom-made robes, \$175.

Oryoki and Sitting Cushions: Tassajara does not have oryoki sets for sale or rent. You will need to bring your own oryoki. With the exception of priests' oryokis, all oryoki cloths must be solid white with no printing or other design. If you use a “dust cover” for your oryoki it should be in a neutral color or white. If you do not have an oryoki set, one can be purchased from City Center or Green Gulch. Contact the Ino immediately (ccino@sfzc.org or gffino@sfzc.org) if you need a set. Sitting cushions are provided for zendo use. If you bring your own cushions, they should be solid black.

Work Clothes: You should bring work pants, shirts, sweaters, work shoes, warm jacket, hat, gloves, long underwear and rain gear. There are often also clothes available in “Goodwill” at Tassajara; as are some rubber boots, should they be necessary for your work.

Bedding: Please bring a sleeping bag or bedding appropriate for 20 degree weather. You may want to bring an extra pillow. Tassajara provides linen service for cotton sheets and pillow slips.

Other: Please also bring your own towel, toiletries*, a flashlight, an alarm clock, and an umbrella. You may also want to bring a hot water bottle, a thermos, and a plastic Tupperware-style container 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.

Suggestions:

- Mark your belongings with your name or initials.
- During Practice Period, there will be "personal town trips" about once a month, when a staff member will go out and buy up to five items on your behalf. You are expected to pay for town trip items at the time of purchase (cash or checks only, please).

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