

# TOC Retreat – What should I bring?

Sept. 26 – Oct. 4, 2021

## Texts:

1. Ngondro, Treasures of the Nying Tik
2. Phowa, Swift Salvation
3. Chenrezig practice
4. Shakyamuni Buddha Guru Yoga practice
5. Tsok, The Golden Flagon of Ambrosia
6. A Short Recitation and Practice of Noble Tara
7. Riwo Sangcho (sang offering) attached as a PDF
8. Patrul Rinpoche's Words of My Perfect Teacher, biographies of Dzogchen Masters, or other Dharma related texts are optional.

We have most of the practice texts in e-mailable PDFs if you don't have them. Please email us at [info@tuptenosecholing.org](mailto:info@tuptenosecholing.org) if you need any of the above mentioned practice texts and we will email a download link to you.

**\*\*Vegetarian meals will be provided during the retreat. If you have dietary restrictions, please contact retreat coordinator at [teriharrigan@yahoo.com](mailto:teriharrigan@yahoo.com) so we can make arrangements to accommodate your needs.**

\*Proof (a cell phone photo will suffice) of a dated, negative COVID test taken within 72 hours of retreat

\*Proof of COVID vaccination ( a cell phone photo will suffice)

\*Masks (recommended)

\*Air purifier (optional)

\*Towels

\*Bedding-including pillows, sheets, blankets or sleeping bag (temperatures in Autumn are cool at night and can go below freezing)

\*Pen, pencil, notebook

\*Tsok offerings - something that will last for a week

\*Clothes for both warm and cold weather

\*Toiletries

\*Bath slippers/flip-flops

\*Zafus & zabutons and/or cushions, rug for hard floor, puja table

\*Additional pads for folding chairs (folding chairs will be provided)

\*Flashlight

\*Katag

\*Sunscreen

\*Alarm clock

\*Ear plugs

\*Reading glasses

\*Walking/hiking shoes

\*Medication, aspirin, supplements

\*Cell phone chargers

\*In the case of an emergency, friends or relatives can call Galilee 775-749-5546

\*\*Optional: individual offerings for Sogan Rinpoche and translator Christina Monson

**\*\*If you are feeling unwell or are experiencing any virus-like symptoms before the retreat, please don't come and risk making others sick. All deposits will be fully refunded if you are unable to attend.**