

Co-ti Leadership: Directions & Packing - WB



Instructions

You will need this information as you prepare to pack for your retreat. This document provides you with basic procedures for your retreat center and packing instructions so you are properly prepared for the activities and weather.

This is a residential retreat, so please don't plan on doing other work while you are here. We suggest that you handle other responsibilities and agreements (work, family, etc.) prior to arrival, so that you can give yourself the gift of being "on retreat." Therefore, please avoid bringing laptops, checking voicemails, and doing other "day to day activities" during your retreat. No phone is available except for emergency use. There are no laundry facilities or laundry services available to participants during the retreats.

What to Bring (pack lightly)

Important Items

- ☐ Overseas travelers' personal accident insurance
- ☐ Flashlight
- ☐ Rain Gear (especially for the retreat in August and October, please bring GORE-TEX jacket (with hood), pants and shoes. Or waterproof spray – prepare perfectly)
- ☐ Water Bottle with a lid (which can be refilled. You can bring only water to the event room.)
- ☐ Day Pack (a small pack for carrying items like your water bottle, rain gear, gloves, etc.)
- ☐ Any medications, supplements, and hygiene items you may need, including allergy, antacids, cough drops, and natural remedies

Other Items

- ☐ Both lightweight clothes (shorts, etc.) and warm clothes for cold or wet weather
- ☐ Outwear for occasional chilly mornings and evenings
- ☐ Comfortable clothes for outdoor activities
- ☐ Toothbrush, etc. – No amenity is furnished in this accommodation.
- ☐ Sturdy walking shoes that provide traction and ankle support (waterproof preferred)
- ☐ Sandals or tennis shoes
- ☐ Pajamas
- ☐ Slippers for inside
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Gloves for ropes course (well-fitted leather is best)
- ☐ Hat (for sun & warmth)
- ☐ Ear plugs (shared accommodations)
- ☐ Diary and stationary (exclusive for the retreat)
- ☐ Personal calendar
- ☐ Alarm clock/watch

Suitable Cloths for Outdoor Activities

- ☐ Quick-drying T-shirts
- ☐ Long pants (sweat pants recommended)
- ☐ Towels to wipe off your sweat
- ☐ Socks (long enough to cover your ankles)

What NOT to Bring

- ☐ iPods, MP3 players, etc.
- ☐ Laptops and other electronics
- ☐ Expensive jewelry / large amount of money
- ☐ Perfume/cologne
- ☐ Cellular phones (can be used ONLY for emergency use)
- ☐ Alcohol

You will do a lot of floor sitting and outdoor activity. Please dress accordingly.

Local Weather

Please check the following website for the local weather for local weather report for Gotemba-shi: <http://www.weathercity.com/jp/gotemba/>

For retreats 1 & 2 you will spend a fair amount of time outdoors, rain or shine. Waterproof shoes, pants, rain poncho and jacket with hood are recommended for outdoor activities.

HAGOROMO GOTEMBA KENSHUJO Habits & Suggestions

1. It is recommended that you use public transportation to Hagoromo Gotemba Kenshujo.
2. The occupancy of most rooms is from 3 to 5 persons.
3. It has communal toilets and communal Japanese-styled bathrooms with showers. There is no toilet and bathroom in each room.
4. Towels are provided on daily basis.
5. Smoking is not allowed in the cabins and buildings. There is a smoking area in front of the entrance. Please use your portable ashtray and make sure to extinguish completely.
6. Shampoos, conditioners and body soaps are provided in the bathroom, but no soap bar.
7. There is no store in the retreat center. All foods and beverages are provided as needed.

Important Notes

- If you will be arriving late, please call the emergency mobile of Leadership Program at 080-4375-3219.
- Employees at Hagoromo Gotemba Kenshujo do not speak English.

