

Suggested Items to Bring to Purification

1. Comfortable loose fitting cotton clothes. Clean change for each day.
2. Toiletries
3. Towel
4. PJs
5. Rubber footwear. When walking before or after sunrise, grass is usually wet.
6. Clothing for cool mornings.
7. Umbrella or rain gear.
8. Alarm clock.
9. Flash light.
10. Bathrobe
11. Slippers with rubber soles (floors are slippery)
12. Exercise clothes for yoga classes.
13. Shawl.
14. Note Book and Pen.