

Dear Friend of Pema Osel Ling,

We're happy you'll be joining us for the Tenshuk Ceremony for Yangsi Gyana Ta!

So that you can be comfortable, and prepared for living in the Forest of Pema Osel Ling, we've put together a few suggestions for you.

Please note if you order personal camping gear to be shipped to Pema Osel Ling Retreat center for your stay. If possible please address it to:

(Your Name) Attn. YRG

2013 Eureka Canyon Road

Watsonville, California 95076

### **Weather**

The weather forecast for much of October is sunny and warm, dipping into the 40s and 50s at night. But October is tricky, and who believes weather forecasts anyway? We find the best approach is to dress in layers that you can put on or take off, depending on conditions. We doubt you'll need full-on rain gear, but a light waterproof jacket may come in handy.

### **Wildlife**

- **Ticks:** Santa Cruz County is home to the Western black-legged tick. While not many carry the bacteria that causes Lyme disease, you don't want to encounter the ones that do. Stay in the middle of trails and avoid logs, tree trunks, brush and grassy areas. Brush off clothing and check your body for ticks thoroughly if you've been in their habitat. You may also consider treating clothing *before* you arrive with tick repellent.
- **Poison Oak** [looks like this](#). Be on the lookout! Pack some calamine lotion, if you have it.
- **Turkeys:** These really aren't a problem, but they're a bit skittish as Thanksgiving approaches.

***Please do not keep food in your room or tent as it will attract ants, skunks, wild pigs, raccoons, etc.***

### **Other things to pack**

- Water bottle and/or a hot drink bottle.
- A flashlight
- Ear plugs (if you're sensitive to noise)
- A sweater or light blanket for the unheated shrine room, in case it gets chilly.
- Sensible shoes for uneven terrain.
- An N95 mask.
- A COVID test.
- Special chair and cushion, if needed (we provide both in the Shrine Room)

Don't forget to pack your **prescription medications**, especially asthma medication and heart medicines. The nearest hospital or emergency care clinic is an hour away.

### **Phones and Computers**

Verizon provides the best cell phone service for this area. The phone in the Information Booth can be used to make free local calls. Use your calling card for long distance. WiFi is available at the Dining Hall and the Bookstore, and the password will be available at check in. The only WiFi in the housing is at the Orchard House (for those staying there only). Please limit your WiFi use to a minimum, especially during sessions.

**Smoking, alcohol and recreational drugs** are not permitted on the land at any time.

**Candles, fires and incense** are not permitted on the land at all. We are at a high fire risk year-round.

**Pets** are not permitted at Pema Osel Ling. If you have a service animal please contact the office.

### **Offerings**

It is traditional for individuals to make an offering to teachers and translators at the end of retreats. Tibetan offering scarves (khatas) can be purchased at the Dharma Treasures store and we provide envelopes for monetary offerings. Please bring enough cash as the bookstore is only able to offer limited cash back on debit purchases, and we do not have an ATM on the land.

### **Affordable Tents**

If you will be camping, we've compiled this list of affordable tents:

#### **2-Person Dome Tent:**

**\$19.95** – Easy Set Up Shelter with Rain Fly and Carry Bag for Camping, Beach, Backpacking, Hiking, and Festivals by Wakeman Outdoors

#### **1-2 person Tent**

**\$28.99** – Backpacking Camping Tent Lightweight Portable Waterproof with Carrying Bag for Outdoor Summer Beach

#### **1-2 Person Tent**

**\$54.99** – Night Cat Upgraded Backpacking Tents 1 2 Persons Easy Clip Setup Camping Tent Adults Scouts Heavy Rainproof Compact Lightweight

#### **2-4 Person Tent**

**\$25.49** – Tents for Camping Windproof Tents for Camping Hiking Backpacking Traveling 2/3/4 Family People Tents for Camping Portable Tent with Carry Bag

#### **2-Person Dome Tent**

**\$19.99** – Easy Set Up Shelter with Rain Fly and Carrying Bag for Camping, Beach, Hiking, and Festivals by Wakeman Outdoors (Yellow)

Warmly,  
The Pema Osel Ling staff

