

WHAT TO BRING AND WHAT NOT TO BRING: Shambhala Sun Camp Suggested Clothing and Equipment

> Khaki is always appropriate, but isn't required during camp for campers who have not participated in the Cadet Command Workshop. Blue jeans and t-shirts are popular and practical. Long sleeve shirts and pants are required on all hikes. Be prepared for cool days and rainy weather.

> The weather at most every camp includes some cold temperatures and substantial rain. **Appropriate raingear is required. Participants must have a waterproof rain jacket (not just poncho), rain pants and waterproof boots.** *Please note that Shambhala Sun Summer Camp staff reserves the right to refuse entrance to camp to any participant who arrives with no rain gear.*

> **Pocket knives are forbidden** at camp by Colorado state law and will be confiscated until the end of camp, if brought. Please leave pocket knives at home.

> **No personal snacks allowed at Sun Camp.** Due to issues raised in past camps, and in order to discourage four legged visitors, Sun Camp now observes **a no personal food policy.** In case of extreme dietary concerns, the staff will keep personal snacks for campers in a safe location.

> **Campers in possession of alcohol or drugs will face expulsion.**

The following list of suggested items will help you to prepare for a comfortable camp....

Clothing: Personal Items:

- ★ Warm coat
- ★ Light Jacket or sweater
- ★ Heavy shirts
- ★ Warm shirts
- ★ Light shirts
- ★ Heavy pants
- ★ Extra Socks
- ★ Extra underwear
- ★ Two or more comfortable pairs of shoes
- ★ Towels, washcloths
- ★ Laundry bag
- ★ Usual toilet articles, plus chapstick and sunscreen
- ★ Small mirror
- ★ Sunglasses
- ★ Gloves
- ★ Cap or hat

Camping Gear:

- ★ Warm sleeping bag and two warm blankets
- ★ Pillow and extra pillow case
- ★ Single fitted sheet
- ★ **Raincoat with hood – waterproof and zippable**
- ★ **Rain pants**
- ★ **Rain boots or waterproof footwear**
- ★ Canteen with belt and case
- ★ Flashlight and extra batteries
- ★ Well broken in hiking boots
- ★ Small knapsack for day trips (CCW participants should be prepared for an overnight)

Recommended

- ★ Insect repellent
- ★ Moist towelettes
- ★ Paper and pen
- ★ Snacks
- ★ Camera
- ★ Costume for skit night

Uniform Requirements (for Cadet Command Workshop):

At the Cadet Command Workshop (CCW) all participants will be required to wear the full cadet uniform for the program. They are also expected to be in uniform throughout the Shambhala Sun Summer Camp. It is therefore mandatory that you bring the following uniform items:

UNIFORM

1. Sun Camp or Cadet cap (replacements can be purchased at camp for \$15)
2. Sun Camp or Cadet pin (replacements can be purchased at camp for \$5)
3. Button down short sleeve or long sleeve khaki shirts – at least 2 recommended
4. Khaki trousers – at least 2 recommended
5. Sun Camp T-shirts or light, natural-colored T-shirts (*Please note: it is inappropriate to cut or alter Sun Camp t-shirts in anyway.*)
6. Green web belt and canteen
7. Black combat boots (hiking boots accepted)
8. Thin khaki web belt

These items can be purchased at any army/navy store, second-hand clothing stores, etc. Uniforms have a powerful effect on our body, speech and mind. They also have a profound effect on the Sun Camp mandala. Chögyam Trungpa, Rinpoche once said that wearing the Kasung uniform is a way to invoke Drala and provoke wakefulness in both the wearer and the observer. It is for these reasons that this new uniform requirement for all CCW participants has been introduced.