

Santa Cruz Aikido Summer Retreat, 2006

Items you may wish to bring...

1. A **padlock** for the West Field House dressing room lockers. There is no other secure place to keep personal items at the retreat, and both the residence halls and parking lots are some distance from the retreat location in the West Field House. Last year few lockers were available, this year UCSC assures us more will be.
2. Comfortable **walking shoes** – the campus includes both flat and steep areas. You may need to park some distance from the Retreat.
3. A **jacket** or **sweater**. In Santa Cruz, we never know when it might be foggy and quite chilly, even (especially!) in the middle of summer.
4. Any **Wooden Training Weapons** that you might like to use in class, or for after hours training (reminder: Quiet Hours are in effect campus-wide 10pm-8am). There will be Iaido classes in which you'll need a bokken; we have some to loan, but not enough for everyone! If you are travelling by air and bringing wooden training weapons, call them "sports equipment", "sticks for martial arts", or even "dancing sticks" or "precious woods" to avoid problems with airport security.
5. A **pillow** for meditation classes.
6. (commuters) **Cash** for meals at the dining hall, if you did not pre-order them (breakfast \$6.95, lunch \$8.75, dinner \$9.25).
7. (commuters) **Towel** - for the showers in the West Field House.
8. (residents) **Bathrobe** – bathrooms in residence apartments are shared.
9. (residents) An extra **blanket** if you tend to be cold at night.
10. (residents) **Alarm clock** – whether to make the 6:30 am class, or just breakfast!

We will have a limited number of spaces for certified bodyworkers (massage, rolfing, craniosacral etc) to provide bodywork during the retreat. You must bring all your own supplies: table, sheets, oils etc. Please contact us ASAP at the number/email below with your bio & rates if you are interested in doing bodywork at the retreat.

Finally, as usual for the last day or two of the retreat, we will make space available for retreat participants to sell *aikido-related items*. If you are unsure if your items would be considered aikido-related, please call us at 831-423-8326 or email sretreat@aikidosantacruz.org to confirm.