



Ananda College

NEW HORIZONS GAP YEAR

STUDENT LIST: WHAT TO BRING

******Current Passport and Photo Id******

School Supplies:

- Lined loose-leaf paper (~ 400 pages)
- 4-6, 1-2 inch notes books
- Pens (~ 30)
- Pencils (~12)
- Scissors (1 good pair)
- Glue
- Tape
- Highlighters (4-6)
- Computer
- Thumb drive

Meditation and Yoga Supplies:

- Yoga Mat
- Meditation Cushion
- Sweat pants or leggings
- Shawl or blanket

*Meditation materials can be purchased through Meditationbench.com. If you are an enrolled student in Ananda College's New Horizon Gap Year Program you are eligible for a 10% discount on any products at www.meditationbench.com which is located at Ananda Village. Use coupon code **stillness10**.

Camping and travel gear:

- Expedition backpack of 60 liters or more
- Sleeping bag rated to 20F (down or synthetic)
- Closed foam or foam sleeping pad
- Cup, bowl, spoon
- 2-3 stuff sacks
- Athletic shoes or hiking boots (with good ankle support)
- Lighter
- Bug spray
- Stuff sacks

Clothing:

- 2-4 pair of cotton socks
- 3-4 pair of light wool socks
- 6-8 pair of underwear
- 2-3 pair long underwear
- 3-4 pair of shorts
- 3-4 pair of pants
- 3-4 short sleeve shirts
- 3-4 long sleeve shirts
- 2-3 warm clothing layers (ex: sweater, vest, coat)

- Rain jacket
- Rain pants
- 1-2 'nice' and modest outfits for attendance of religious services and museums (i.e. slacks, button-up shirts, skirt, shirts)
- 1 pair of athletic shoes
- 2-3 pair of shoes (sandals, clogs, etc.)
- 1-2 pair of work clothes that can get dirty (ex: overalls, old jeans and long sleeve shirts)
- warm hat (wool or fleece)
- sun hat (ball cap with a wide brim, visor, desert hat)
- Warm pair of gloves
- Swimsuit/ swim trunks

Toiletries:

- Toothbrush
- Toothpaste
- Shampoo
- Soap
- Glasses/ Contacts
- Brush/ Comb
- Sunscreen
- Feminine products
- Shower basket or ditty bag

Miscellaneous:

- durable laundry bag (i.e. canvas)
- Day pack/ small backpack (for day outings)
- 2 water bottles
- Flashlight/ headlamp with spare batteries
- Personal Journal
- Watch
- Towel, hand and face cloth

Recommended Personal (Not Required):

- Mala
- Headphones/ earplugs
- Meditation Blanket
- Personal Art supplies (watercolors, charcoals, sketching paper)
- Binoculars
- Earplugs
- Umbrella
- Rainboots
- Musical Instrument
- Cell phone and charger
- Laundry detergent
- Personal vitamins
- Spending cash (200.00+ per month)
- Camera
- Bandannas

-Head wraps/ ball cap

-Athletic gear (basketball, Frisbee, soccer ball)

*There is a thrift store with limited clothing within walking distance to Ananda Village.

*Located approximately 1-mile away, is a small convenience store with produce, organic snacks, toiletries, and an atm. Nevada City and Grass Valley is 30 minutes away and has all the conveniences of a small city