



Diamond Mountain Retreat Center

Preparing for your visit



Thank you for your interest in attending the upcoming eSangha Retreat with Tucker Peck. Diamond Mountain is located in a remote area in the high desert with the nearest town and services 45 minutes away - making it the perfect location for meditation retreats and personal transformation! The scenery here is breath-taking, the skies are vast and wildlife such as bords, deer, javelina, rabbits, foxes and reptiles often pass through the Retreat Valley. Because we are located in an environment most likely foreign to you, we've compiled this document to

help you prepare for your visit so that you feel more comfortable upon arrival.

Weather

Diamond Mountain is nestled in the Chiricahua Mountain foothills of Southeast Arizona. Our Retreat Valley, home to all of our retreat cottages, has an average elevation of around 5,000 feet or 1,500 meters. We are blessed with a diversity of desert plants and wildlife due to our geographical location between the Sonoran and Chihuahuan deserts to



the east and west and the Rocky and Sierra Madre Mountain Ranges to the north and south.

Temperatures will shift 30-40°F (15-25°C) within a single day, nights and mornings being cooler than mid-day when the sun is up. Therefore, it is important to dress in layers and bring warm clothes during most months (October-May).

March & April, September & October are our most temperate months, with daily highs averaging 80s°F (27°C) and daily lows averaging 40°F (4°C).

Cottages



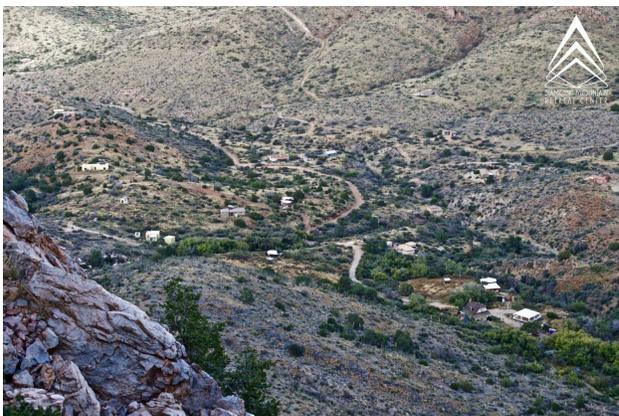
Our cottages were built specifically for retreat and each cottage has been blessed by years of meditation on Love and Emptiness. Our cottages are therefore simple but cozy. Most of our 27 Retreat Cottages are off-the-grid boasting solar power, solar hot water, well water and composting toilets. Because of this, you will begin to feel a deep connection to the natural rhythms and cycles of nature.

The Retreat Valley is very quiet and serene, perfect for personal reflection, contemplation and renewal.

If you are unsure how to use anything in your cottage, please do not hesitate to ask a DM Staff member. It is our pleasure to serve you and ensure that you have everything you need.



Electrical



Most of our retreat cabins are off-the-grid, meaning they generate their electricity from the sun via solar panels. On average, our high desert climate boasts 280+ days of sunshine, charging our cabins with plenty of electricity for lights and small electrical appliances. Unfortunately, our 12 volt electrical systems cannot support appliances with heating elements (such as an electric tea kettle) or requiring bursts of energy (such as microwaves). These appliances may shut down our power

system.

Examples of acceptable items include:

- Laptop computers
- Personal audio players
- Cell phone or camera chargers
- Clocks

Examples of non-acceptable items include:

- Hair dryers
- Electric kettles
- Space heaters
- Electric blankets
- Rice cookers

Suggested Items to Bring



We live in a rugged desert environment. In addition to your practice items, we suggest you bring:

- Sun protection (Sun glasses, sunscreen, and sun hat)
- Layers (Temperatures daily range 20°C between sundown and midday)
- Comfortable walking or hiking shoes
- Rain gear (Poncho and/or umbrella)
- Flashlight/ Headlamp and new batteries
- Backpack
- Toiletries (Soap, shampoo, conditioner, toothbrush, toothpaste, lip balm, body lotion, eye drops, feminine

products.)

- Personal care items (Vitamins, cold and headache medicines, throat lozenges, etc.)
- Meditation shawl
- Journal and pens
- Travel alarm clock (or meditation timer)
- Slippers (for around your cottage)
- Earplugs and eye mask for sleeping
- Favorite snacks
- Camera
- Water bottle
- (We have yoga mats and meditation cushions available for your use)



Food

Our kitchen offers nutritionally balanced and nourishing vegetarian/vegan meals to enhance your retreat experience. Much of our menu naturally supports gluten-free and vegan diets. Please inform us before your arrival whether you fall into either of these categories so that we can best serve you. We are sorry, but we cannot accommodate serious allergies or special diets. If you have additional questions, please contact us programs@diamondmountain.org or call 520-775-1921.





For your convenience, all cottages are fully-equipped with self-catering kitchens including stove-top, refrigerator and kitchen sink.

For more information please visit our website:

www.diamondmountain.org

If you have any questions, please contact us via

email: programs@diamondmountain.org or

phone: 520-775-1921

We look forward to seeing you soon!