



# Turtle Guide

(Or What Should I Bring to a Gathering?)



*"Bring every good thing. If it ain't on this list, consider leaving it home. If in doubt, leave it out. 'Cuz if you bring it in, you gotta bring it out. And well, dang! You just might be suprised how little you really need." Bring love and hugs and good vibes, and most importantly, bring you.*

If you are still wondering what to bring, well, that depends on how much you wish to participate. So, we have broken this list into personal stuff, an essential list and a good ideas list, as well as stuff for the whole family -- things that will be of help to the greater good.

## Personal Stuff (Essentials)

Of course, we all live at different comfort levels but these are things most folks will use or at least wish that they had thought of before they left. This list has no luxury about it -- just the basics.

|                          |                         |                  |
|--------------------------|-------------------------|------------------|
| backpack                 | cup                     | hat              |
| tent / shelter materials | bowl                    | insect repellent |
| sleeping bag             | spoon                   | towel            |
| ground pad               | tooth brush & paste     | hair ties        |
| plastic bags             | floss                   | long pants       |
| daypack / purse          | Toilet paper in plastic | shorts           |
| flashlight & batteries   | birth control           | shirts           |
| lighter                  | moisturizer             | coat / sweaters  |
| pocketknife              | lip balm                | skirt            |
| first aid kit            | bio-soap                | socks            |
| water container          | personal meds           | rain gear        |
| sun block                | tampons / pads          | thermals         |



## Personal Stuff (Good Ideas)

Perhaps, you're not a "just the basics" kind of hippy; you know that sometimes the little bits of goodness that take an extra effort to pack or those that are often forgotten are the ones really make the difference.

|                      |                     |               |
|----------------------|---------------------|---------------|
| water filter         | journal             | playing cards |
| solar shower         | reading material    | Frisbee       |
| hammock / sky chair  | work gloves         | nail clippers |
| acoustic instruments | incense holders     | shaving kit   |
| folding camp chair   | candles             | hair brush    |
| pillow               | travel clock        | pen & paper   |
| camera (ask first)   | clothes for leaving | hacksack      |

PDF versions of this & other Rainbow Raps can be found online at: <http://RainbowGuide.info>

## I Really Want to Donate to Help the Gathering

see Food  
see Sanitation  
see Tools  
large pots / wok  
large bowls  
large spatulas

### **Kitchens**

|                          |                |
|--------------------------|----------------|
| large knives             | cooking grate  |
| large tongs              | bungee cords   |
| large spoons             | cutting boards |
| large ladles             | large tarps    |
| supply tent              | rope           |
| labeled water containers | lanterns       |

### **Sanitation**

Biodegradable soap for hands and dishes. Plastic Jugs with nozzles or spray bottles for hand wash.

|                           |              |                   |
|---------------------------|--------------|-------------------|
| lime                      | garbage bags | scrubbies         |
| toilet paper for shitters | vinegar      | tubs for dishwash |
| coffee cans with lids     | bleach       |                   |

### **Magic Hat**

Bring "green energy" to donate if possible. Donations pay for food, shuttles, clean-up, scouting and other needs. The Magic Hat is found at Main Circle during evening meals and travels with beautiful minstrels throughout the day.

### **Food (buy in bulk)**

If you bring perishable foods be sure that they get used.

|            |        |        |
|------------|--------|--------|
| Rice       | Beans  | Grains |
| Vegetables | Pastas | Spices |

### **C.A.L.M.**

For a complete list visit <http://rainbowcalm.info>.

|                |                 |                |
|----------------|-----------------|----------------|
| see Sanitation | antiseptics     | flashlights    |
| see Tools      | homeopathics    | batteries      |
| wound care     | calamine lotion | massage tables |
| gauze and tape | sunscreen       | blankets       |
| rubber gloves  | condoms         | crutches       |
| tweezers       | tampons & pads  | stretchers     |

### **Kid Village**

Think kids and fun! Feel free to bring materials that lead to playfulness and creativity. Do you juggle, act, clown around, sing, or play music? Come on around. Please, don't leave your children with folks you don't know and trust!

|                |                        |
|----------------|------------------------|
| see Sanitation | Art and craft supplies |
| see Kitchen    | cloth diapers          |

### **Tools**

|                                     |                               |
|-------------------------------------|-------------------------------|
| Mark tools for easy identification. | Please don't bring chainsaws. |
| Shovels                             | Hatchets                      |
| Bow saws                            | Rakes                         |
| Blow-tubes                          | Pliers                        |
|                                     | Axes                          |
|                                     | Mauls                         |
|                                     | post-hole digger              |

### **Clean-Up**

Bring garbage bags, pick up trash, and haul it far away from the gathering site. "Leave only footprints, take only memories, and trash!"

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<http://rainbowguide.info>

