

## WHAT YOU SHOULD KNOW/WHAT TO BRING

### TO OUR PARTICIPANTS:

We are very happy to have you here with us and we would like to ask you to keep an open mind to all of our ways and methods of doing rituals, ceremonies and spiritual concepts. We would like you to have a hands on experience while you are here with us. We are going to send you away with a new concept of the Native American way of life.

### HOUSEKEEPING DETAILS:

**SHOWERS** – LCO School will be opened for showers, Monday through Thursday mornings. 7:00am to 12:00noon.

**TOILETS** - We'll have porta-potties on site and at the pow-wow grounds.

**ELECTRICITY** – There are outlets in the front and back of the house that you can use. You will have to have a long extension cord.

**CAMPING** - Rustic camping. We'll have sites cleared for camping. Please do not camp in area around the lodges. You can also camp at the LCO Pow-wow grounds (water and electricity hook ups are available at the Pow wow grounds). (CAMPING: LOOK FOR TRACY IF YOU HAVE ANY QUESTIONS.)

### Food:

There will be a container set out for scraps and left-overs after each meal we serve or that you cook for yourself. Please ask for the scrap dish if you don't see one. We will designate the place for the scrap dish. Miigwetch.

### Meals:

In order to respect our Mother the Earth and to cut down on waste, Please bring your own "feast bundle". That means bring your own dish, eating utensils, cup for coffee, cup for water, napkins and cleaning wipes/dish rag.

Dish washing station:

We will designate a dish washing station so you may wash your feast bundle after each meal. It will include 3 bins of water and will be available for all to use.

Campers:

We have hungry animals, so Please make sure all your food is put away.

We provide lunches and meals according to the agenda. Agendas will be provided at registration. For feasts and healing meals it is good to bring a dish to share.

If there are any special dietary needs please let us know at registration.

You're on your own for all breakfast and some evening meals.

If you want to donate food please take to Cook shanty upon arrival.

Clean up:

Please leave your camp site in better condition than when you arrived. That means, -kindly- pick up any trash (whether it's your trash or not), and dispose of it properly. Make sure you don't forget any gear that you may have brought with you.

Time:

Some days will run according to the agenda, some days they may not. Some days and sessions will take place during INDIAN TIME that means the time when the SPIRIT MOVES US. So try not to be alarmed or bothered if a session doesn't start on the time listed on the agenda.

Cell phones:

All cell phones should be off or silenced during teachings and ceremonies and presentations. If there is an emergency and you need to contact home you may ask the moderator if it's a good time to exit the lodge.

We all like to visit and make friends. There are certain times when we need your absolute attention. We'll let you know when those times are. But it is always good to be observant and respectful anyway We'll ask you not to visit or whisper during ceremonies, teachings and announcements. Miigwech.

Women on their moon, please contact Maryellen Baker.

We have designated a certain porta-pottie for women who are on their moon time. Also, there will be a moonlodge near enough for women to hear the

speakers and participate as much as possible in the ceremonies. Please pay attention to the sign. We have designated someone to see to your needs while in the moonlodge. (During lunches she will make sure you are served, make sure toilets are clean and refreshed, taking your tobacco and smudging you. If it's raining she'll make sure your lodge is dry or enough shade if sunny.)  
Sale items and silent auction; items will be available for purchase or chance please take a look and buy or bid on the items that interest you. The funds from this auction and sale will go towards our event expenses.

Concert and dinner: the cost of the concert and dinner is included in the registration fee. Please be on time as we've planned a superb night of dining and music for you and we want you to enjoy yourselves. It'll be a great way and time to get acquainted with other registered guest too.

If there is any confusion or problems with any of these protocols please see Vicky at the registration desk or ask for Karen. We will do our best to resolve the issues or explain the protocols.

If you want to make a monetary donation, items for silent auction or for the sales, please let us know at registration upon your arrival.

Clothes: be sure to dress for the weather. In case of rain, bring rain gear. We will have flies, bees, mosquitoes and other flying insects so bring bug repellent. We also have woodticks.

WOMEN - Wear below the knee, ankle length dresses or skirts. Short sleeved shirts are appropriate, sleeveless are not so much.

MEN – Pants are most appropriate. Short sleeved shirts are appropriate, sleeveless not so much.

Miigwetch, have a good time and remember to keep an open mind.

WOMEN & WATER COMING TOGETHER SYMPOSIUM  
WHAT TO BRING

1. Bring your own tobacco.
2. Bring your own chair.
3. Bring your feast bundle – your own dish, bowl, eating utensils, cup, napkins, cleaning wipes/dish rag.
4. It is customary to offer a gift for healing you will receive, bring gifts for healing ceremonies and for if the spirit moves you.
5. Bring Sweat lodge clothes and towels for participating in sweat lodges and healings.
6. Bug repellent
7. Rain gear or umbrella
8. If you are camping, bring all necessary gear for rough camping.
9. Women – long skirts that go down past the calf are appropriate.
10. First aid supplies or medications if needed.
11. Work gloves for outdoor work in case its needed.