

The following is a list of what you should bring to the dance. Please read it carefully so that you will have everything that you need for your comfort and convenience. If you have further questions please contact Margarita: ancientjaguar@charter.net or me, Jeanne: empresschief@yahoo.com .

WHAT YOU WILL NEED TO BRING FOR THE WEB OF LIFE DANCE:

A TENT, GROUND COVER, TARP, SLEEPING BAG, PILLOW, PAD OR MATTRESS AND ANYTHING ELSE NECESSARY FOR YOUR COMFORT WHILE SLEEPING.

CLOTHING THAT CAN BE LAYERED. SOME MORNINGS AND EVENINGS MAY BE COOL. WOMEN WILL WEAR SKIRTS OR DRESSES WHILE DANCING. YOU MAY WEAR SHORTS, LEGGINGS OR SWEAT PANTS UNDERNEATH YOUR SKIRT. THERE WILL BE NO NUDITY AT THE DANCE EXCEPT INSIDE YOUR TENT. BRING COMFORTABLE SHOES TO WEAR. YOU MAY ALSO DANCE BAREFOOTED. BRING CLOTHES AND TOWELS FOR THE SWEATLODGE WHICH WILL TAKE PLACE ON FRIDAY.

WE SUGGEST THAT YOU BRING SUNSCREEN, INSECT REPELLENT, BABY WIPES, SUNGLASSES, HAT, CHAPSTICK, FLASHLIGHT AND RAIN GEAR. PLEASE BRING UNSCENTED ITEMS ONLY. NO MATTER WHERE YOU ARE IN YOUR MOON CYCLE, IT IS ADVISABLE TO BRING SANITARY SUPPLIES, AS THE DANCE SOMETIMES WILL CHANGE YOUR CYCLE.

IF YOU ARE ON ANY MEDICATION, PLEASE BRING IT WITH YOU. YOU WILL BE INSTRUCTED BY THE MOON MOTHERS ABOUT THIS MATTER.

YOU MAY BRING CEREMONIAL ITEMS FOR A SMALL ALTAR INSIDE YOUR TENT. USE OF A CEREMONIAL FAN IN THE DANCE IS OK, BUT NO RATTLES, BELLS OR PERSONAL DRUMS ARE TO BE USED BY THE DANCERS.

BRING 3 OR 4 SMALL, WHITE HAND TOWELS, WHICH WILL BE GIVEN TO THE MOON MOTHERS AND 2 WHITE SHEETS. ALSO BRING A SMALL AMOUNT OF RED, BLACK, WHITE, YELLOW, GREEN, BLUE & PURPLE FABRIC AND TOBACCO FOR THE MAKING OF PRAYER TIES.

EACH DANCER IS REQUESTED TO BRING FOOD TO SHARE FOR THE FEAST FOLLOWING THE DANCE. PLEASE DO NOT BRING ANYTHING THAT NEEDS TO BE COOKED OR PREPARED. FOOD MAY BE TAKEN TO THE KITCHEN PRIOR TO THE DANCE.

BRING AN ITEM FOR THE GIVEAWAY FOLLOWING THE FEAST AND SHARING.

DO NOT BRING ANY ELECTRONIC DEVICES SUCH AS RADIOS, RECORDING MACHINES, AND SUCH. PLEASE LEAVE YOUR CELL PHONES TURNED OFF AND IN YOUR CAR. IF THERE IS ANY EMERGENCY WE WILL PROVIDE YOU WITH A PHONE. IF YOU HAVE ANY FURTHER QUESTIONS ABOUT THE DANCE, PLEASE CONTACT JEANNE OR MARGARITA. LET'S DANCE!