

# What to bring to Free Spirit Gathering

**Camp Info:** Camp Ramblewood is in Darlington, Maryland, near Havre de Grace and the Conowingo Dam. The Camp phone number is (410) 457-4228. Please use and distribute this number for emergencies only.

**Check-in Times:** The registration booth is open from 10:30 am to 9:00 pm on the first day of Festival and from 10:00 am to 8:00 pm all other days (except Sunday). When you check in, you will receive a packet with the schedule, a site map, and your meal plan card (if you pre-registered for the meal plan). If you arrive when registration is closed please go to the White House and a staff member will be able to assist you. (You may not be allowed to unpack if you arrive after registration closes)

**Registration changes:** If you need to make a change to your registration or have other questions please contact the Registrar. The best way to reach him is through email at [gdmartil@gdmartil.com](mailto:gdmartil@gdmartil.com). You may also phone at 908-797-0184, however email is the fastest way to resolve a question. If you have made any special arrangements with the festival registrar please bring a copy of any email you may have received. It will help speed your registration when you arrive.

**Cabins:** Please do not switch your cabin assignment without checking with the registration staff. Cabin assignments can be really tricky and one switch can throw the whole thing out of whack. Fire regulations require us to prohibit cooking and all open flames inside or on the porches of cabins.

**Tent Sites:** Different festivals may have different areas where you are allowed to set up your tent. When you register please check to make sure which areas, if any are reserved. In general you may not tent in the middle of the soccer field, in the Main Ritual Field or in the Far Lake Field.

**Food Collection: (FSG Only)** If you are participating in our annual peanut butter drive to help those in need, you may deposit your jar at the registration booth when you arrive.

**Community Service:** If you haven't bought out of your community service shift you'll be asked to give two hours of your time helping us run the festival. We ask that you report to your shift on-time and in return we'll try to make it a fun experience for you. Upon completion of your CS shift you'll be given five Duck Bucks which may be spent at any of our merchants or at the canteen

**Meals:** If you didn't sign up for meals when you registered, you will be able to purchase meals on-site. If you are not participating in the camp's meal plan, you must bring your own cooler or other food storage, cookware, utensils, dishes, and camp stove or grill. The camp will have ice for sale. It's a good idea to bring a dining fly or other shelter to cook under in case of rain.

**Pool Rules:** Swimming pool rules for each of our events are listed in the program book and posted at the swimming pool. Our rules are either dictated by safety concerns or Maryland State Law. Please don't ask us to break the rules for you "just this once" and please follow any lifeguard instructions. Rule violations or failure to follow lifeguard instructions will get you banned from the pool area.

**Adult Programming:** At FSG we have a certain amount of Adult Oriented programming. To help maintain our Family Friendly/Kid Safe environment we publish two different program books, one general and one for adults. If you want a copy of the Adult Programming book please ask for it when you register.

**Children's Programming:** We offer a track of children's programming and some teen specific programming at FSG. Please don't use these workshops as a babysitting service. They are designed for you and your child to attend together, not as a place where you child can be looked after.

**Security:** All of our festivals have radio equipped security staff around the camp at all times. If at any time you have a question, problem or see an unsafe situation please contact any security staff member and we will help as quickly as we can.

**Smoking:** Please be safe, careful and considerate. No-smoking areas include: inside any building, on the porch of any cabin and near flammable parts of the camp (e.g. in the woods or tall grass). **DON'T THROW BUTTS ON THE GROUND.** If you're smoking while you walk around, please bring a portable ashtray (an old Altoids with sand in it makes a handy one) that will hold your butts safely until you find a trashcan.

**Health Hints:** Please make sure to bring a full supply of whatever medications you are taking and an allergy kit if you need one. We cannot provide or store prescription medications. If you have any special medical conditions of which we should be aware, please tell us when you check in, and if you have Medic Alert jewelry, please wear it all the time. Two things to remember:

1. Sunscreen! Sunscreen! Ok! Especially on body parts that may be out in the sun for the first time this season.
2. Drink lots of water when you're out and about. Caffeinated beverages and alcohol can dehydrate you.

**Camera (Still & Video) Policy:** If you bring a camera, please let us know when you check in, and we'll give you a tag to attach to your camera. Some people like having their pictures taken, some don't; ask permission before taking a picture, and if you don't get permission, don't take the picture. Be aware of people in the background as well. In particular, please don't photograph rituals or workshops without the consent of all of the participants. The camera policy will be strictly enforced.

**Transfers/Refunds:** If you can't attend you may transfer your registration to someone else or request a refund. Please contact the registrar at [gdmavil@comcast.net](mailto:gdmavil@comcast.net). We cannot make meal refunds made within one week of festival.

### **What to Bring**

**Housing & Bedding:** The camp provides single beds in all its cabins, so you'll want to bring single sized sheets and blankets or a sleeping bag if you're staying in a cabin. You'll also want at least 2 towels, one for showering and one for the pool, plus a grubby towel to sit on if you're participating in a Sweat Circle. If you're in a cabin, the cabins have standard single beds. If you're in a tent, do not use anything that produces a flame inside your tent; you risk setting yourself, your tent and/or your bedding on fire and poisoning yourself with carbon monoxide. If this is the first time you're using your tent this season or it's new, we strongly suggest that you get it out and test setting it up at least once before you come. You might also want to test its waterproofing and re-seal it if it leaks. There are few things more miserable than sleeping in a leaky tent in the rain. You'll also probably want an air mattress or pad. Remember all the pieces and tools: tent, poles, stakes, ropes, fly, and tarp/ ground cloth, plus a hammer & possibly a folding shovel. Please flag your ropes with reflective or brightly colored tape.

**Clothes:** While all of our camping events are clothing-optional, clothes are often a good option. Layers are your friends. For our Spring and Fall events some warm clothes and a jacket along with some clothes for during the day when it gets warmer, a rainproof of some sort, one pair of rain-friendly shoes and an extra pair of socks is always a good idea. Bring ritual garb, sandals, hiking shoes, outrageous costumes, comfy clothes, and a swimsuit if you don't want to skinny-dip.

**Food:** The Camp Canteen sells ice, soda, snacks and limited food (hamburgers, sandwiches, salads, hot dogs, etc). If you're on the meal plan, you'll still probably want to bring some snacks and/or drinks. If you're not on the meal plan: when planning your camp kitchen, please remember that Fire regulations prohibit using camp stoves or grills inside your cabin or on the porch. We suggest: a pop-up or dining fly - at least one cooler (neither FSA nor the camp provides food storage) - a camp stove or hibachi (remember fuel and/or charcoal) & a lighter or matches - plates & eating utensils (reusables are nicer to the Planet) - cooking utensils & a hot pad - a can opener & a churchkey - a dishpan & soap - napkins & paper towels - trash bags

**Personal Care:** Sunscreen! Sunscreen! Ok! Three or 4 people get really badly sunburned every year. For some of us, these gatherings are our first time out in the sun in a given year, or at least the first time out in the sun for certain parts. Please protect yourself and protect your children.

**Medications:** If you're taking prescription (or other) medications, please bring enough to last you the whole time you're onsite and appropriate storage for it. If you have a Medic Alert bracelet, please wear it all the time. Camp Ramblewood is a camp, complete with stinging bugs, poison ivy & other noxious plants, mold and other allergens. Bring your insect repellent, sunscreen, allergy meds and anti-itch stuff. Remember your sting kit if you have allergies to stings. You'll probably also want: soap, shampoo/conditioner, a mini-first aid kit, razor, comb & brush, toothbrush & toothpaste, aspirin / ibuprofen / acetaminophen... We, personally, use Dr Bronners for both people and dish washing.

**Infrastructure: Shade:** We suggest at least pop-up or similar shade piece for your camp. If you're running a camp kitchen, a second shade piece for your cooking/food storage area is a really good idea. **Light:** We suggest a flashlight and spare batteries. It gets dark at night and it can be difficult to navigate up and down the hill to the drum circle even with tiki torches (if we're not having drought conditions), bug buckets (big citronella candles), a propane (for outdoor use) or fluorescent lamp,

**Chairs & Tables:** You're going to want someplace to sit while you're in camp, and somewhere to set your plates and drinks. If you're cooking, you'll also need a sturdy table to set your stove on and to prep food on.

**Tools & Miscellaneous:** Stuff we've personally found useful or necessary: a fire extinguisher, a mini sewing kit that includes a couple of safety pins, both a sledge hammer (for pounding stakes) and a claw hammer (for pulling them), extra bungee cords, extra tent stakes, duct or gaff tape, a clock, extra trash bags, a basic plastic rain poncho, a pair of binoculars (for sky-watching or birding).

**Fun stuff:** Musical instruments, drums, games, cards, camp decorations & banners, windchimes, your imagination, your dancing shoes...

**Ritual garb & tools:** Bring your staff, wand, athame, sword, pentacle, cups, robe...

**What to Leave Home:** Do not bring pets, companion animals or familiars. We welcome service animals for people with disabilities; please let us know ahead of time if you'll have one with you. Do not bring firearms. Do not bring illegal substances.

*If you need directions to FSG & Ramblewood please go to the website, [www.freespiritgathering.org/fsg/introduction.html](http://www.freespiritgathering.org/fsg/introduction.html) where they are posted. If you want to Google or MapQuest directions from a different starting location the camps address is 2564 Silver Road, Darlington, MD 21034.*