



# Enliven Wellness Festival



## SUR-THRIVE-AL LIST!

### WHAT TO BRING TO NOT ONLY SURVIVE... BUT THRIVE! AT ENLIVEN 2024

#### CAMPING

- Small/medium sized tent (including fly, poles, pegs, mallet for pegs)
- Sleeping pad or mattress
- Pump for blowing up mattress
- Sleeping bag
- Pillow
- Toiletries
- Medications
- Headlamp
- Lantern & fairy lights for your camp
- Camp chairs
- Portable battery
- Cooler
- WAGON or Wheelbarrow to carry your belongings to your campsite (especially if you're in the off-site lot)

#### BE PREPARED

- YOUR TICKETS (including early entry, parking passes, RV passes, sauna pass). Downloaded onto your phone or printed.
- Water jug (the water on-site is from a mountain creek and is not "officially" potable. If you drink it, it is at your own risk. We officially recommend either bringing enough water for the weekend, or bringing a filter or sanitizing tablets. (You can drink the water at your own risk)
- Water bottle
- Electrolytes, vitamins, nourishing things!
- Multiple pairs of good shoes (closed toed as well as sandals)
- Multiple pairs of socks
- Sunscreen (non-toxic) – we also have this for sale at the general store
- Bug spray (non-toxic) – we also have this for sale at the general store
- Sun hat and sunglasses

#### COMMUNAL KITCHEN

- Tables, gazebos
- Food in a LABELED and well sealed bin
- Stove, lighter
- Pots/pans, cutting board
- Your own dishes and utensils, bins for washing
- Eco-friendly dish soap and scrubbies

## ENJOYMENT

- DRUM – we have a drum circle on the Saturday night, the more drums the better!
- Other instruments – there are multiple jam spaces and we encourage you to make music together!
- Fan and spray bottle (to keep cool during the day)
- Shawl or scarf to cover yourself from the sun
- Fanny pack for your valuables
- Tapestry to sit on in communal areas
- Clothing including fun, expressive outfits (prepare for warm and cold weather, however the forecast is showing lots of sun!)
- Hammocks! There are plenty of trees to set up hammocks on (please bring tree protectors).
- Yoga mat
- Ear plugs (for sleeping, as well as if you're very close to the speakers)
- Journal and pen for note taking and integration

## CONTRIBUTION

- Gifts for new friends – it can be really fun to bring items that you feel are ready to go to a new home, or even something really meaningful to you or something you've made, you might be surprised by meeting the perfect person to give it to!
- Items for our communal altars (we will have one at main stage and one in the red tent)
- CASH if you want to obtain goods from vendors including the food trucks. There is service on site so they will accept cards, but technical difficulties happen - cash is Queen.

We would also appreciate if you're willing to lend the following for communal spaces:

- Propane fire pits
- Gazebos
- Old carpets or rugs (not your nice rug...will get dirty)
- Your big beautiful smile!

## WHAT NOT TO BRING

- Weapons
- Alcohol
- Fireworks
- Generators
- Glass
- Illegal substances
- Pets (except service animals)
- Glitter, feather boas, costumes that create MOOP (matter out of place)
- Culturally inappropriate costumes
- Offensive clothing
- Unnatural body products that may harm the environment
- Very large camping setups that will take up unnecessary room. We are in a dense forest, not a big open field. Please be mindful of other campers and share the space.