Dear Women,

We are looking forward to gathering with you at Red Earth: The 5th Annual Mountain West Women’s Herbal Gathering September 18th-20th at Peaceful Meadow Retreat in Boulder, CO!

Here are some details for you to know to facilitate the most full enjoyment of the gathering.

**If you are bringing your kids, you must register them!!! Kids 12 and under are $25.  Register** [**here.**](https://www.redearthherbalgathering.com/registration)**Also, all children must be accompanied by an adult, this is not a drop off event.**

**To Bring**

* **Your own Friday night dinner**
* **Sun protection**. We will be mostly outdoors. Please bring sun protection such as hats, umbrellas, sunscreen, long light clothing, spray bottles for misting oneself.
* **Rain gear** in case.
* **Menstrual supplies**- pads, etc.
* Changes in elevation can cause **altitude sickness** with symptoms of dizziness, headaches, nausea and exhaustion. If you are joining us from a lower elevation please do remember to drink plenty of fluids, get plenty of rest and be gentle on yourself. Chlorophyll drops can also be helpful as they increase your uptake of oxygen. If you are feeling symptoms of altitude sickness and need assistance please visit the Wellness Tent for support.
* **Your own items for sitting**. Mats, cushions, blankets, or lawn chairs for sitting. We will not provide many chairs.
* **Flashlight or headlamp** as night lighting will be minimal.
* **Camping gear.** Bring everything you will need to camp outside, including but not limited to: tent, sleeping mat, sleeping bag, pillow, tarp.
* **Money** for the marketplace, steam tent and other donations.
* Yoga mat
* **Journal and pen** to take notes.
* A water bottle. This is a **GLASS FREE** event.
* We will be providing you with a printed schedule and map upon registration.
* BUG SPRAY (preferably all natural/herbal). Red Earth will be providing some that you can find at Wellness, Sacred Gateway, by the Fire Circle as well as by the indoor bathrooms.

**Washing and Bathrooms-**

There will not be a place to shower if you are camping! There will be an outdoor sink, two port-o-potties as well as one indoor bathroom.

**Meals-**

We will be serving breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday.  Be sure to bring your own dinner for Friday (please meet by the cottonwood tree for a communal picnic).  All meals are vegetarian and gluten free with vegan options. We will also be serving teas and herbal infusions.  We recommend that if you are used to having meat that you bring additional items to add to your meals (like jerky, cans of fish, etc.).  Also do bring any snacks you may need.

**Men-**

The intention is to have a woman only event.  Because the chef is a man (Dave) and the owner of the retreat center is a man (Alberto), there will be men in the kitchen.  There will not be men out on the land (this will make more sense when you arrive). Also on Sunday there is a chapel service in the center, and there will be men there. Alberto is very sensitive to our desire to have a woman only space and is doing his best to make sure men are scarce!  Thank you for understanding.

**Children**-  When you drop kiddos off at Kid’s Village to please be sure they have good shoes, change of clothes, snacks, water bottle,  sun protection, rain gear...ready for anything. Having a wagon to cart kids and stuff around is also helpful. There is also a Welcome Letter posted in the kids section of the website.

**Arrival-**

Parking-  Parking and camping are separate areas, though you may camp in your car or recreational vehicle in the parking area.  The parking area is separate from the event area, and not as private. If you have a lot of gear you may bring your car to the registration area to unload briefly, then please move to the parking area to make space for others.

Registration- Everyone must register upon arrival to the center to receive your meal bracelets! You will also have some release forms to sign.  Once registration closes the booth becomes an Information booth so just look for that if you are late.

Gateway- Please arrive at 1pm to allow time to park, register and enter through the Gateway. The Gateway is both a physical gate into the gathering and place where you will be welcomed to set your intention for your weekend at Red Earth. Tuning into and stating intention is a powerful tool for co-creating our lives with flow of the Universe, so please do give yourself the time to honor stepping through the Gateway.

Address of the event:

Peaceful Meadow Retreat

7075 Valmont Road

Boulder, CO 80301

For any last minute needs day of the gathering text us 720-526-2388.

Abundant blessings,

Astrid Grove, Founder and Organizer