

WHAT TO BRING (& not bring) WITH YOU ON THE CAMP

WHAT YOU SHOULD BRING WITH YOU

You must bring a willingness to...

- participate fully in all Ceremonies as led and directed by the Kapululangu Elders. Ceremony has no spectators.
- to have your breasts painted with ancient designs passed down for generations and to be adorned in ochre (coloured earth pigments). Anyone who has concerns about having their breasts painted may contact ceo@kapululangu.org prior to registering. Please note that ochres are safe and there is no history of them causing skin problems. Actually, participants indicate that ochre is incredibly healing.
- to follow requests, directions, instructions from the Women Elders, Camp Coordinator, Counsellor and Tilitja Team Leader at all times, but particularly in regard to any Law or Culture work.

Please bring Gifts for Your Cultural Knowledge Tutors (Women Elders)

Please bring 1 new double GRW Super-Soft Mink 100% polyester blanket (or equivalent) and 1 tin of Log Cabin tobacco as gifts (Log Cabin tobacco can be obtained through most tobacconists)

- Please be aware that the tobacco is not for smoking purposes but is an essential item for showing respect to the Elders in their Culture.

Medicines

- If you are taking prescribed medicines you must bring all of your medicines with you. You must also fill out the Medical section at the end of the Participant Agreement which will enable us to inform the Balgo Clinic of your health issues and any prescribed medications you take. If you have any medical issues you must inform us at the time of paying the deposit.

What to Bring

- You should bring enough clothes to provide you for the time you are in Balgo. Please bring old clothes that you don't mind getting ochre on.
- Bring old clothing that you don't mind getting covered in ochre (earth-based paints). There are two washing machines at Balgo which can be used during the Women's Culture Learning Camps, but not available at other camps.
- Skirts. You must wear a skirt at all times on the Women's Law Ground and trips to Special Sites
- T-shirts or loose fitting shirts (modest attire please – eg no strap shoulders) Include some long-sleeved shirts for protection from the sun.
- Bras - it is not necessary to wear a bra on the Women's Law Ground but you may want to wear one on your trips about the community. You can also put on a bra before and after having your breasts painted if you wish.
- A hat for the sun.
- Jumper (in June-August / winter)
- Any other clothing you require.
- Shorts and T-shirt/sarong/bathers in case we go swimming.
- Sleeping Gear: Swag, blankets or sleeping bag + pillow + camping mattress (if you need one)
- Journal and pens (coloured?) – bring a special book to write/draw in for self-reflection time
- Any special food requirements (not included in basic meat and vegetarian meals)
- Medicines and Vitamins
- Water Bottle
- Torch
- Toiletries
- Mosquito Repellent & Sunscreen (roll-on)
- Camera (although photos are restricted)
- Anything else you want or might need for personal requirements

WHAT NOT TO BRING

Please don't bring your own Agenda

- Please remember that you are coming to Balgo to learn from the Kapululangu Women Elders. Please leave all of your preconceived ideas, thoughts, beliefs and knowledges at home. If you come to Kapululangu with an open mind and an open heart to learn from the Elders then you will gain much. This Camp is not an opportunity to introduce your spiritual, religious or political beliefs (and associated items, such as tarot cards and the likes, etc) to Kapululangu women or any of the participants. Participants found doing so will be invited to set their agendas aside, and if that proves impossible they will be dismissed from the Camp and alternative arrangements will be made for them at their own expense.

No Drugs or Alcohol

- Drugs and Alcohol will not be tolerated at the Camp. Anyone bringing either drugs or alcohol to the Camp will be immediately dismissed from the Camp and alternative arrangements will be made for them at their own expense. This is in keeping with the wishes of Balgo community and accords with its By-Laws.

No Volatile Substances

- Please do not bring aerosols of any sort (e.g. mosquito repellent and deodorants should be roll-ons) nor nail polish or nail polish remover.
- Please do not bring any petrol to Balgo. If for some reason you can't come in a diesel-fuelled vehicle then you must make sure that your petrol tank is at least half empty when you get to Balgo and must immediately fill it up with Opal Fuel at our local Store. Please help us look after our kids.