

POLYPARADISE – 2011

SURVIVAL GUIDE

VOL. 4

PolyParadise Theme Camp - Burning Man 2011

<http://www.polyparadise.com>

Welcome to PolyParadise – 2011

PolyParadise celebrates its 13th Year within the gates of Black Rock City (1999-2011). We are so glad that you have chosen to camp with us, create Community, share, learn & grow with other PolyCampers.

This survival guide was created to assist you in the ways of PolyParadise. **Even if you have camped with us before, I encourage you to read over this information.**

Our Community is created by all of you with each and everything you do. Help someone in need, participate in our Camp Events, share food at a community dinner, and look out for each other.

PolyParadise is Gonna ROCK in 2011!!!

Playa Arrival Process:

Get to the Playa SAFE!! Obey Traffic Signs & Speed Limits!!

If I have NOT CONTACTED YOU ALREADY ABOUT EARLY ARRIVAL...PLEASE PLAN TO ARRIVE AFTER 12:01AM MONDAY!!!

You will not be able to gain entrance to Burning Man prior to that time. Have fun at the gate and with Greeters Station...Rub Playa all over your arms, do a Playa-Angel. Once you make your way past the greeters head towards PolyParadise.

Our Playa address had not been released at the time of this printing. Our 2011 Playa location will be announced ~July 1st and will be posted on our Yahoo Group and the Web Site.

If you arrive after Dark...There is not much you can really setup in the dark effectively, so take the time to relax and wait until daybreak. If you arrive after dark, BE CAREFUL as you drive around the Playa and within our camp. There maybe some stray materials lying around, but I will do my best to have it clear.

Find **Scotto** - All campers will be placed as you arrive according to what vehicles and infrastructure you have. All requests will be accommodated if possible.

The Camp is ONE BIG PUZZLE that for us will not be complete until Thursday with our last arrival. We have a full camp; we will need to be IN TIGHT, so proper placement of Guide wires and stakes is CRUCIAL! If I feel your setup needs adjustment I will ask and be willing to help. My decisions are always for the maximum good for ALL!!

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DO NOT start to setup your stuff until you SEE Scotto!!!
If Scotto is not available there will be someone in camp that can assist you, just ask. If you setup your stuff without our knowledge you may be asked to move because the plan is being formulated as the Plan Happens.

Get HUGG From Scotto!!! - Get HUGG From WildChild!!!

Get properly **TAGGED** as a **PolyParadise Resident!!**

HAVE THE TIME OF YOUR LIFE...IT IS BURNING MAN!!!!

Scotto

- Benevolent Dictator
- Burning Man Lifer/Geek



Things to Think About & Other Tidbits

We are a group of Polyamorists and Poly-Friendly seeking to live our dreams, and this camp is one manifestation of that. Polyamory involves openness to multiple loving relationships, with honesty among all partners.

That quote is the Intro to our [Yahoo Group](#) as well as our web site. We all come to BM and PolyParadise from our own communities and our own households, each with a different set of rules or understandings / agreements between the different people and groups of people who accompanied us to BM.

Burning Man is a society where customs are quite different than the default world. But this does not mean that it is a 'free for all'. The personal limits of others can easily be pushed or disregarded.

Please do not make any assumptions that because a person of either gender is naked that they want 'touch', in our camp as well as your ventures on the Playa. As Poly's we 'Process' in our own ways...Touching without asking or without having prior permission to do so is unacceptable in PolyParadise.

For Those That Choose To Be Naked

Nude is not Lewd. It's not even illegal on federal land, which the playa is. Mere nudity is not considered sexual. However, **sitting your naked butt down on a common chair without putting a towel or something down first is considered – well, at least crass.** Nude, can be rude. At most nudist resorts you are expected to sit on your own towel or cloth when using common sitting accommodations. We at Poly Paradise would also appreciate the same courtesy.

Camp Guests

You will be responsible for any and all actions of ANY guest that you bring into our Camp.

Coolers & Ice on the Playa

There will be separate sections for Community & Personal Coolers. The contents of all Community Coolers are just that Community property. All coolers in the Community area will be drained, repacked and iced each day. The drained cooler water will be captured & used for dishwashing.

You can purchase Ice for your personal coolers at Artica (Center Camp, 3:00 & 9:00 Plaza's) Ice is \$3/bag crushed or blocks.

Playa Events

If you are in the Community Space while an event is in progress; be courteous of the noise levels. The facilitators of the events have enough outside distractions to deal with; they shouldn't have to deal with loud campmates.

Handling Disputes

There is always the possibility that disputes will happen in camp, about this or that. Please try and work things out amongst yourselves. If the problem cannot be resolved, please contact Scotto before getting Rangers or LEO involved.

Be Respectful of the Sacred Space of others

The Poly Play Space is available for all campers and their invited guests. If you enter the Play Space and there is a group activity or other people enjoying the space, please be respectful of what they are doing.

The Definition of Community is Participation

Community participation is highly recommended; the camping fee is the cost to get the infrastructure to the playa, and maintaining it off playa. The Construction and destruction of the camp takes ALL of us.

Teardown – Monday September 5th

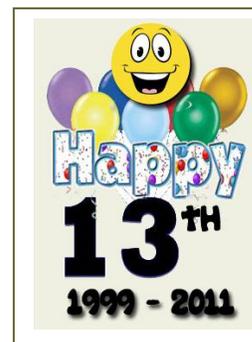
MONDAY is a 12-hour BLITZKRIEG of work. It is not my desire to start to dismantle part of the camp on Sunday, to make the work on Monday any lighter. What I would like is for folks who Camp with us be prepared to postpone their departure until later Monday Afternoon and be available to help in the MASSIVE effort it takes to PACK IT ALL OUT!!! My hope is to be leaving the Playa by 3p. Lunch will be provided (Deli meat wraps & other leftovers)

Community Kitchen Donations

If you bring a large can of Garbanzo Beans, Large Squash or other perishables or large can goods, you must have a plan to cook and share it, otherwise be prepared to take it back home with you.

All food and colored liquids must be properly labeled and somewhat recognizable.

Please See Things to think about – page 3



*"We are all here for the same reason, to experience each other."
"Volunteerism is very important because it is the purest sense of giving."*

Things to think about – from page 2

Where do I put my Keys & ID? It would really suck if you lost the keys to your vehicle. I am sure there are locksmith services available, but presume it would be quite expensive. Do not carry your keys around the Playa with you. Place them in a safe & secure place within your belongings. If you use them to access your vehicle, make sure you return them to that same spot immediately after use.

Wherever it is that you put your keys place your ID there too. If for any reason you get stopped and asked for your ID, you know that when you produce your ID your stash will not fall out for LEO to see. Speaking Of LEO...

Burning Man & LEO (Law Enforcement Officer): Burning Man takes place within the state of Nevada and within the borders of the US. That means that all applicable laws concerning illegal substances apply when inside the gates of BRC. **Be SMART!** The Burning Man Survival Guide has excellent information concerning your rights when dealing with LEO. Make sure to read and heed the warnings.

If you are a partaker of illicit substances, bring them with you, do not attempt to purchase On-Playa. Only share with those you know. Be aware of your surroundings when you are involved in this activity. Leo has sophisticated equipment to find you doing something illegal, do not give them that chance.

Check your gear before you leave: particularly tents. No matter how many times you've used it. No matter how positive you are that all the pieces are there. Open that puppy up and check it.

Camp Power

The Community Space/Kitchen will have power available 24/7. There will be a designated area set up for charging batteries. Power will be available in the kitchen for appliances; we have a small coffee pot & a 50-cup size as well as a Toaster, Microwave and Blender. The Community Space will be lit up at night with lots & lots of lights - rotating mega color ball - LED Sign scrolling camp messages.

The generator is for the Kitchen & Community space. It is not available to provide power to your individual camp locations.

The sink & shower will be hooked to a Battery backup; so in the event the generator is off (resting or being refilled with gas) there will be power supplied for the waste water to be pumped to the Grey Water tank, avoiding the backflow we experienced in 2009.

RV's & Generators

If you are bringing your personal [RV](#) to the Playa and it has a Generator – We!!! As in the entire PolyParadise Community would STRONGLY suggest that Pre-Playa you get the generator serviced so that it is proper working order. If at all possible create an [Exhaust Vent](#) that blows UP and over the RV instead of directly at the tent next to you. Please also consider a [noise dampening](#) system.

If you are renting an [RV](#) and you plan to use the generator, make sure that you know ahead of time how many hours are included with your rental agreement and what the costs are per/hour after that amount has been exceeded.

Remember generators require gasoline. Do not transport gasoline inside your vehicle or RV. Spilling gas will render that space permeated with an obnoxious smell for days and can ruin food. Only transport gas in approved containers. Store gasoline with caution & respect as the flammable liquid it is.

Things not to bring: Plants, living or dead, and anything that will break up and/or blow away in the wind (plants, trees, twigs, loose paper, palm fronds, etc.), Feathers of any kind, e.g. Boas, Glass containers, Excess packaging from foods (remove outer box just bring the inner bag), Loose glitter, Nuts in their shells, Styrofoam coolers, Straw or hay bales, Explosives, aerial flares, rockets, Firearms of any kind, Camp Chairs with foot rest attached.

Playa Time: Playa Time begins the moment you start to pack. Things take longer while in Playa Time. Get to the Playa SAFE!! Obey traffic signs & Speed Limits!! The Playa & PolyParadise will be there when you get there.

What not to forget before you leave for BRC:

- **Burning Man Ticket**
- **Picture ID**
- **Insurance Cards**
- **Medications**
- **Directions to BRC**
- **Lodging Reservation Info.**
- **Spare Car Keys**
- **Spare prescription glasses or contacts**
- **Bringing an RV? – Cash for Gray Water Service.**

What Does Your Camping Fee Buy You?

- Secured Playa Address & space within PolyParadise
- [Community Kitchen](#) - Kitchen utensils for cooking - Pots, Pans, Fry Pans, Bowls, Knives, Dish Washing station, Soap & Iodophor
- Stoves, Pots, Pans, Utensils, Spices
- Assortment of spices to create your Playa delicacy.
- Paper towels, Paper plates, Plastic Cutlery, Trash receptacles
- Tea and Cookies for the High Tea
- [First-Aid Kit](#)
- [Hot and Cold Snacks](#) (3 per day for 7 days)
Packaging for Cold Snacks Refrigeration
- ICE - Daily - to keep the cold snacks cold AND to keep what YOU bring for community food cold.
- Electricity (to recharge Laptops, Camera, Batteries)
- Gas to generate the electricity
- Community Shade 40'x40'
- Community Kitchen 40'x40'
- Community Events area - 20'x40'
- [Poly Play Space](#)
- Secured Playa Address & space within PolyParadise
- [Shower Structure](#) / Privacy Curtain - **You supply the water**
- Grey Water Recycling - Provided by Tailfeather
- Spray bottles, cement bins, tarps, and buckets for the HCW.
- Rope, Duct Tape, First Aid Kit & other things to repair things that need repairing
- Rental Truck - Gas to & from Playa - Insurance - to haul ALL of the above.
- [Camp Playa Events](#)

First Aid Kit in the Community Space

This Kit will include: Antacid – Saline – Nasal Spray - Vinegar - Vitamin E - Skin Cream Benadryl - Gauze Bandages - Band-Aids Alovera Gel - Analgesic Lotion – Ibuprofen Insect Gel – Hydrocortisone - Antibiotic Ointment - Zinc Oxide – Aspirin – Bactine Feminine products - New Skin Bandage Tape Cough Drops - Blister Pads - Fire Extinguisher in the Kitchen - Duct Tape – Emerge-C Hydrogen Peroxide

Menu – HCW – PHT – Heart of Now

In the Community Space you will see a poster size representation of who will be cooking what & when as well as a list of all volunteer shifts for the HCW, PHT & Heart of Now.

"When you think about it \$170 isn't bad at all for 7 days... Can you find another hotel that only charges \$24.28 a day for all this and all the dust you could want?"

Community Snacks

- Asst. Nabisco cookies - Chex Mix
- Rice Krispie treats - Cheez-it's - Ritz cheez `n' crackers
- Asst. Sun Chips - Reg & BBQ chips - Asst. nuts - Trail Mix
- Pringles – Pretzels – Oreos - Chocolate Chip Cookies
- Instant oatmeal - Asst. Cold Cereal (you need the milk)
- Nutri-Grain bars - granola bars - Low Carb Breakfast bars
- Red vines - Beef Jerky - Fruit Cups
- Ritz-Crackers Bits & Cheese
- Juice Boxes – Capri Sun Variety Pak
- Applesauce - Chocolate | Vanilla Pudding
- Available in Community Coolers:
- Chocolate bars & Asst. chocolate candies
- Frozen fruit - Salami
- Soy Sauce - BBQ Sauce - Teriyaki Sauce
- Ranch & Italian Salad Dressing
- Syrup - Cooking Oil – Kitchen Wipes - Mustard, Ketchup, Relish
- Asst. bev. (Gatorade, tea, coffee, etc Lemonade, Iced Tea Mix)

Personal coolers should be clearly marked with your name so its contents are not mistaken for Community use. Be respectful of what is not yours. The community coolers will be drained (Water used for Dishwashing) each morning and refilled with ice. There may be a few bags of ice left over that will be given away First-Come First-Serve. Otherwise it is **your responsibility to purchase ice for your personal cooler. Please do not place 'Personal' food items in Community Coolers.**

Community Kitchen

Kitchen & Community Meals

The Kitchen and all its contents (Except Marked Coolers) will be available for all PolyParadise campers to use and consume. Please be respectful in cleaning up after yourself after using the Kitchen. Wash any and all utensils, pots, spills in a reasonable amount of time after you have prepared any food. Within 3 hours is an acceptable time frame...

There will be a Dish Washing & Rinsing Station available...Please use it!!! If you use a LARGE Pot to prepare your meal, you are responsible for cleaning said Pot.

Please See Community Kitchen - page 5

*'Burning Man will change your life...You just do not know how yet'
'Everything you take to Burning Man including yourself will never be the same'*

Community Kitchen - from page 4

If you have volunteered to host a Community Meal or will be providing side dishes, Breakfast: 8a-10a, Lunch 12p-2p, Dinner 6p-8p, please plan you're cooking & preparation time accordingly. Remember you are cooking for 25. Please be respectful of any events that are in-progress while in the Kitchen/Community area while preparing your meal.

There will be Pots & Pans, Stoves, Utensils, Propane, Spices and just about everything else you need to make an awesome Playa Meal.

Dirty pots, dishes, and utensils waiting around for someone to come along and clean them. And the longer they sit the harder they are to clean.

If you cook a meal, then you are responsible for cleaning up.

If you can personally GET someone to agree to clean up after you, that is fine. Remember...Community Meals mean you bring something to share. It is not enough just to bring the can of vegetables or fruit, but also to cook or serve what you brought.

Please do not use the Community Kitchen as a drop-off point for food items you brought but will not use. If you had room in your vehicle to bring them to the Playa, you certainly have the room to take them home with you.

In the Community Kitchen there will be a blender & microwave, small coffee pot & 50-cup coffee pot.

Community Meals & Volunteering for Camp Events:

There is a live Google Docs for posting your volunteer request for Community Meals, Human Carcass Wash & Poly High Tea. Please login & post your volunteer shifts and your contributions to Community Meals.

<http://tinyurl.com/5onz28>

Email: google@polyparadise.com

Pass: blackrockcity

Camp Shower

Wet Naked Polyamorous People! Did THAT get your attention? I sure hope so...This from the Department of Yucky Water Stuff...

One of the perks of joining Poly Paradise is we provide community shower space for our members and provide safe and ecologically responsible wastewater management.

In the past we have used Propane Powered devices, pumps and heaters to accommodate our campers shower needs. All of these systems have their failure points and need constant attention & repair throughout the week.

To reduce the frustration levels all around, we have decided to return to the more traditional Camp Shower Bag (3 Gallon). You supply the water.

The shower will consist of an enclosed tent along with towel racks, shoe changing deck and supplies storage all on a raised platform. Shower base has non-slippery surface.

- Extra large filling valve with twist off cap
- Water temperature gauge.
- Easy to use ON/OFF shower head saves water

Bring your own water, separate from your water commitment for community use. To maintain sanitation and safety standards use only drinking water from unopened containers. Others using the shower will thank you knowing only pure, clean water is in the system.

****Make Friends Washing Dishes****

****LEAVE NO TRACE****

****Keep Your Community Space Clean****

The empty shower bags will be hanging on a bar on the backside of the shower structure. Fill the bag with water (3 Gallons) and place the bag back on the bar. The bags have a temperature gauge so you can monitor how hot the water is before using.

If you encounter a shower bag hanging from the bar already filled with water, DO NOT assume this was filled for you. Take an empty bag, fill it with your water and wait for it to get to temperature. If all bags are in use, please wait your turn. Please return shower bags after use.

Clean up after use - We will have a trash sack for soap wrappers and other small stuff. Please do not leave small bars of soap, take them with you or trash them. Pick up the shower floor of any debris even if you didn't drop it.

Please remove your stuff after using the shower. You may leave consumables in the storage area if you write your name and the words "Personal use only" or "Not community property." If someone leaves consumables such as shampoo, conditioner, body wash etc. behind without marking, they will be considered community property and free use rules apply.

Take your towels and wash cloths when you are done- Like consumables, these items will become community items if you abandon them.

Absolutely NO wastewater dumping in the shower. No, dumping of human waste in ANY part of our gray water processing system at ANY time! Dispose of human waste in the Porto-Potties only. Do not Pee in the shower.

The shower is open for operation 24 hours a day. The shower system is for the exclusive use of Poly Paradise members only. The public may participate in the HCW experience if they desire.

The community shower may be shut down without prior notice. If conditions warrant, we may close the shower system prior to final shutdown on Monday.

Gray Water Reclamation

Over the years we have experimented with various ways to handle our Gray Water. Gray water is defined as water from human activities not including human or other body waste. This includes dishwashing, showers etc.

Black water is defined as water that includes human or other body waste. This includes poop, pee, blood and that "other stuff." At no time will Poly Paradise process black water. Burning Man has provided Porto-Potties for such disposal.

Our gray water will be from the following four sources:
Kitchen dishwater - Community Shower - Human Carcass Wash - Camper generated from individual cooking.

We are estimating the following volumes from each source:
Kitchen- 5 to 15 GpD - Shower- 50 GpD - HCW- 10 GpD - Other- 10 GpD - Total 85 GpD

Our methods evolved from Treating & Filtering to Evaporation, with each passing year learning what works & what does not work. The stumbling blocks we experience is the sheer volume of water generated during the week that must be evaporated.

For this and many other reasons in 2010 PolyParadise will be contracting with an outside company to Deliver & Service a 1000-Gallon Holding Tank for Gray Water Collection. The total cost will be ~\$2000 + Driver Tip. Delivery is scheduled for 8/27 & Pickup on 9/7. The tank will be serviced on 9/2.

Consider Pre-Cooking portions of your meal if possible. The [Food Saver](#) will create an awesome storage container for your meal. (Freeze Liquids before Sealing)

Community Trash

Trash is a problem. We all generate trash. We all need to be a responsible for it. So, for this year we've developed a new system.

Each vehicle that arrives at PolyParadise will be required to take home at least one bag of trash. During the week the TRASH CZAR will place a bag of trash at the driver's side door of your vehicle (think of it like SANTA). That is YOUR bag to take home. It will be DOUBLE BAGGED, NON-STINKY, and of REASONABLE size and flexibility for packing. Please plan room in your vehicle for this bag of trash.

If for any reason, you don't like your bag of trash (you just don't click or cannot get along with one another) please see the TRASH CZAR for an exchange of bags.

It is your responsibility to dispose of your bag properly. The best place for this would be at home. But if you cannot take your bag home, here are some alternative places you can rid yourself of your bag.



More tips on trash can be found at: [Trash Tips](#)

Having a 1000 Gallon tank within camp for our Gray Water Disposal does not mean we do not care about Water Conservation, in-fact, it will make us more aware of the volume of water we produce as a camp.

Dishwashing Water will be collected at the sink and screened for particulate matter before the Holding Tank. Available to assist in dishwashing will be Biodegradable-Mother Earth Friendly Soap as well as Iodophor Sanitizer.

All materials not suited for the Holding Tank will be collected in 5-Gallon sealable buckets for Off-Playa transportation & disposal.

Shower Water - There will be one main camp shower available to all campers. **You supply the water.** The shower will consist of an enclosed shower tent on a raised base off the Playa. All shower water drainage will be collected and transported to the Holding Tank. Do not Pee in the shower.

The shower water collection area should never be used for Gray Water Disposal. Do not urinate or empty personal pee containers into our Gray Water system, please use the Porto-Potties.

Human Carcass Wash - Gray Water Collection - In running the HCW the participants stand in plastic troughs to catch the water and particulate matter washed from bodies. This water can be dumped directly into the shower base where it will drain into the sump and be handled as common gray water. HCW crew must be diligent to ensure that no foreign matter such as plastic, jewelry or other MOOP gets dumped into the system.

In Fernley, **FERNLEY SANITATION** (775-575-4964) will be OPEN through the Labor Day weekend, 7:00 a.m. - 4:30 p.m. every day. The rate is \$16.00 for up to 3 cubic yards (27 cubic feet). To reach Fernley Sanitation from Burning Man head south through Nixon and Wadsworth. When the road ends at 427 go left. You'll go under I-80 and past the Pilot Gas Station on your right. Stay on Main Street to the light. At the light, make a right onto Alternate US Highway 95a. Go 2 miles- on the left you will see the Wreckage Disposal building. Stop at the scale house.

In Lockwood, **LOCKWOOD LANDFILL** (775-342-0401) will be open only on Saturday & Sunday of Labor Day Weekend. They will not be open on Monday of Labor Day Weekend. They operate 7:00 a.m. - 4:30 p.m. seven days a week except holidays. The charge is \$3.75 per cubic yard with a \$1.00 environmental fee per vehicle. Head West on I-80; get off at the Mustang exit (23). Go straight; continue past the cattle guard for approximately 2 miles. The entrance is on the left-hand side.

RENO DISPOSAL SERVICES (775-329-8822) will be OPEN through the entire Labor Day weekend. Hours are 6 a - 6p. Monday - Saturday and 8a-6p holidays and Sunday. The location in Reno is 1390 Commercial Row. Charge is \$5.50 per cubic yard. From I-80 west, take exit 14 and go south on Wells Avenue. Make a left turn on 6th St and then a right onto Sutro Street. Make a left on Commercial Row; look for 1390 on your left.

Reno Drive Thru Recycling!- All recyclables will be accepted, at no charge At all of the Reno/Sparks area Albertson's/Save-On stores, in the parking lots, there will be drop off locations available 24 hours a day.

Camp Playa Events

Revolutionary Honesty – 3:30p - 5:00p – Tues

This is not your everyday honesty, where you say the things you have safely preapproved for mass consumption, but the sticky gooey stuff it's hard to get out. We will model and practice together as a group with an eye for change in personal, political and social relationships.

Herpes/STI's Out of the Closet! – 3:30p - 5:00p – Fri

This is an info session and meet up for people who struggle with how to communicate about STIs with their partners, people who have developed practices of communication that work, and those who are simply curious, uniformed, or scared. All welcome.

Hiney Hygiene Station - 1:00p-4:00p – Mon-Sat

Hiney Hygiene Station - Let's face it. It's not only the exposed parts of your body that get sore, chafed and red from Burning Man, it's also your nether region. Not being able to use baby wipes in the porta-potty and the endless hours biking in the desert take their toll.

The Hospital Gowned Personnel at the Hiney Hygiene Station are here to help. Our highly professional staff of "Hiney Hygienist" will use baby wipes, warm Shea Butter soapy water and Moisturizing Lotions with Aloe Vera, Vitamin E, A, B5 and Minerals on your... Well you know what.

The Human Carcass Wash – 3:00p-4:30p - Mon-Sun

If you have never been a participant in the HCW, you are in for a treat, both participating and helping run it.

The HCW breaks gender barriers for being touched; it of course by its nature of being washed means it also 'Encourages' people to be naked and to be washed. People who would not otherwise be naked, or want to be photographed doing such an activity.

I highly encourage everyone to get involved in this fun activity. The HCW area is a 'No Camera Zone' and is clearly marked as such. When dealing with someone who is taking pictures politely ask them to respect our 'No Camera' Request. If they become belligerent, please do not provoke them. People are going to be people.

All participants 'Must' be asked their boundaries for being touched prior to being the one washed. We must make sure that all other participants have heard that stated boundary, or the question is asked again at the next station.

If a HCW participant breaks this stated boundary, that person should be pulled aside and dealt with in a civil manner and tone. If you feel you cannot defuse the situation yourself bring this issue to the attention of _Touch, Tailfeather or Scotto...

Poly High Tea – 1:00p-3:00p - Mon-Sat

Just what is Poly High Tea? First, it's a Tea Party. We will be serving Tea and Cookies. All you Polyamorous, poly-curious, and poly-friendly folks out there on the playa are invited to join us for a discussion about the practical issues of loving more than one in an open, responsible multi-person relationship. There is much wisdom in the poly community which can be helpful to people trying to make *any* relationship work, monogamous or Polyamorous. There will be a facilitated discussion in which you can get your questions addressed and some of the knowledge in our community can be shared.

The Heart of Now – 10:45a to 12:45p - Tues, Thur, Sat

The essence of the Heart of Now is the practice of being present with your whole self. In The Heart of Now workshop, you'll come to know yourself more deeply. You'll discover the possibility of reconnection with your innate beauty, wholeness and be honest with yourself and with others in a safe circle of love. You can discover those places you've felt stuck, while you are supported in letting go.

Radical Honesty - 3:00p – 5:00p - Wed & Thur

The Radical Honesty technique includes having practitioners state their feelings bluntly, directly and in ways typically considered impolite. People who practice Radical Honesty employ a collection of techniques to shift them out of acceptable norms of "white lying" for the purpose of having a more truthful relationship with themselves and others.

In this workshop we will cover Radical Honesty in business, personal interactions, legal situations, relationships, and SEX! Practicing Radical Honesty as an individual is hard, but it doesn't have to be. Me and people like me have developed a calm and peace from this practice. This does involve immense change in those who are used to telling white lies or lies in general.

If you are ready for a RADICAL change in your life or you just want to learn about this crazy practice, come to Practicing Radical Honesty for Beginners.

Understanding Jealousy – 11:00a - 1:00p - Wed

No matter what type of relationship you are in or want to be in, jealousy seems to always rear its ugly head. Join me in discussing this topic along with tools to identify, understand, and work through your own jealous thoughts.

Mind Melt - 8:00p - 9:00p - Mon – Fri

Mind Melt lets your mind be changed from Fear of the unknown, to finding Hope in the Future, by experiencing 3-D Images of lights and sounds and the peace only found within the receptive mind and experience of every thought, feelings, sensations, and level of awareness through corresponding brain wave patterns.

IF you are cooking Pancakes, Waffles or anything else that requires ## SYRUP ##
**** There will be PLENTY in the Kitchen ****

Camp Resident Responsibilities

Individual Water Bottles – In previous years the number of half empty water bottles left lying around PolyParadise was simply reprehensible. If you are drinking a bottle of water, and leave it there, do you honestly expect someone else to come along and drink it? Do you honestly expect someone else to come along and pick up after you? Apparently!! Nobody wants your half used bottle of water. Either finish it, or dispose of it. If you intend to come back to it, write your name on it. Get them to the recycle bin empty. **FINISH IT OR DISPOSE OF IT**

DeMoop - Please DE-MOOP your camp food contributions before coming to the playa.

Waste - Do not bring a giant size jar/can of anything, unless you have some idea of how it is going to be used. A 10lb can of chick peas might be a bargain, but NO ONE likes them that much, and once opened, if it is not used by the end of the week it becomes trash, and could end up in the trash bag assigned to YOU. You will be taking a bag of it home with you. The less trash we all generate, the lighter will be your bag at the end of the week. **PAY ATTENTION** to the signs that say **RECYCLABLE, BURNABLE, TRASH.**

Special Food Mention - Watermelons do not do well in heat. If left out for one day the insides cook and become inedible. If you are bringing a watermelon, leave the rind at home. Cut up the melon – use a seal-a-meal. Then you can eat or serve them when you like. Melon pieces can also be whipped up into a smoothie.

Poly Play Space

The **Perfect Place For Poly Play**, also known as the Four Peas, is PolyParadise's private retreat for adult-centered activities.

PolyParadise is an Intentional Community and attracts a wide range of people who share or desire participation in non-monogamous relationships.

A part of being in such relationships involves expressing intimacy with other participants. Four Peas is the space provided in camp where such activities are natural and acceptable. Why have spaces like Four Peas at all? Why can't people just use their tents for such activities?

PolyParadise is a relationship-building village and much of village life is a shared experience. We build camp as a group, we make and eat meals as a group, we share our hopes and fears in seminars and discussion groups, and we even wash together as a group! It's a natural progression to share intimacy in the same way too. Not all people make use of all of these activities while staying at PolyParadise, but it is our hope people will make use of these tools to further their Poly perspective, meet and be involved with new people and share their Poly experiences.

Four Peas uses the interior of an enclosed 25' geodesic dome, nicely equipped with beds and bedding, indirect lighting and really cool wall and ceiling decorations. The cover is wind and dust proof and has a zippered entrance.

The Dome is available for use 24/7 for the duration of the event by all members of PolyParadise and their invited guests. The space is neither public nor open to the public. The sole exception is invited guests.

Pretty much the same goes for any kind of melon (Cantaloupes, Honeydews) and fruit without a hard skin (bananas, kiwi). Apples seem to last pretty well. Dried fruit works great.

If you have special dietary requirements, you should take it upon yourself to provide accordingly. Do not presume that what other people contribute will conform to your dietary needs.

Community Space Edict - PolyParadise is a very free and accepting community. However, since a place for sexual play is provided, we ask that sexual activity not take place in the open community space. There may be minors not miners in the camp, and though they may have been raised in an open environment at home and not themselves mind such activity Please confine sexual activity to the Poly Play Space or your own private accommodations and not in the Community space.

What Other Camp Contributions Do I Still Need To Bring?

- 5 Gallons of Water/ Car - to contribute to the running of the Human Carcass Wash / Community Drinking water.
- Participate in Daily Community Meal - (Eating, Cooking, Serving or Washing Dishes)

Each camp member is expected to take some Community Trash home & dispose of it in the proper manner in an appropriate facility or container. Plan to donate at least 2 hours of your time before you leave the Playa to cleanup of the PolyParadise site as well as the general state of BRC.

From time to time the Dome will be used for organized events that are Poly in nature and open to all Village members. Because these events may not be overtly intimate in nature, we ask regular, intimate use be temporarily suspended.

The Dome is open to all village members and all activities between consenting adults is permitted. No gender bias or exclusive use is allowed. Everyone has a right to be playing in Four Peas, be it one person or a dozen. As we have no rules against consenting adult's play style, enter Four peas knowing activities outside your personal boundaries might be occurring. Keep an open mind!

Please respect and honor people playing inside the Dome. Often people invite others to join an activity and sometimes not. You must ask first! This is a rule! If the answer is "no" then take refusal with grace and style. If problems arise, contact Tailfeather, Scotto or other village elders.

Please keep the Dome neat and clean up after use. Trash receptacles and used sheet containers are provided near the table with safer sex supplies. If bringing shared supplies then just leave on the table; if they are for your personal use, clearly label items with your name. The Dome is not a crash pad! Falling asleep after an activity is fine, but find another place to set up living quarters! The Dome is a no smoking zone. Please smoke outside.

"[The Man Burns Tonight](#): A Black Rock City Mystery by Donn Cortez available in Paperback. Noted on Pg. 173 is The Human Carcass Wash, the best Wash on the Playa - PolyParadise."

Food Prep Tips

Tear away all of the unneeded packaging you can before you pack for your trip to PolyParadise, so that you can shrink the size of your kit/bundle/stuff. Recycle those bits *before* you come and you won't need to deal with them. Use Tupperware or other sealables that don't become trash afterwards where possible. You may also consider buying items with less packaging as a matter of principle. Wash veggies, if possible, before you arrive.

Take spices in those 7-day pill minders. Works great and they seal shut and take no space. Put your name on them with a Sharpie. If you need refrigeration for meds, make sure to ask one of our campers with an RV, I am sure they would not mind storing these for you.

Try and measure things so that there are no leftovers, unless you'll actually eat them. Leftovers seasoned with Playa are even less appetizing. Leftover organics are difficult and smelly to dispose of, too.

Don't fool yourself into believing that you can live on granola bars at Burning Man. You need balanced nutrition like you've never needed it before in the desert, as you're often expending huge amounts of energy and won't realize it. You need greens, protein, as well as carbs, and tons of water (and perhaps other liquids).

Making Meals for 25: Generally, you can take a recipe for 4 and multiply it by six (adding a dash here and there) to make a meal for 25.

Budget your time accordingly. We're a very patient bunch, and you'll make many people happy, as you will when you chow down on exquisite desert-made cuisine.

Salads can be easily extended by putting good things in them, like nuts (unsalted but roasted, generally-- always in a dish on the side for those that have nut allergies), raisins, cranberry-raisins/craisins, chopped veggies (carrots, celery, bell peppers, cherry/grape tomatoes), small fruits (grapes, cherries, kiwi, etc.) and the like. Dressings can be made from simple oil/vinegar combinations (try various oil and vinegar flavors), and crouton-like bits. Avoid putting things together; let people assemble their own combinations. Remember to set things up for easy clean-up and/or re-use (although re-use is more difficult due to the dust).

If you KNOW that your offering is vegan, please label it so. Vegetarian is a loose definition, but usually means no meat products, but might include dairy. Chicken (and for many, eggs) and fish aren't vegetarian, along with certain meat by-products like marshmallows, cheese made with animal rennet, and the like. Please label accordingly if you're sharing.

If you take medication that requires refrigeration, ask a fellow camper with an RV if they might be able to store it for you. Let them know what kind of access you will need to it.

Enjoy the snacks; they're usually nutritious and their variety can please many tastes. Snack wrappers create MOOP if not watched and recycled carefully. Snacks aren't for nutrition, generally, they're good only for short-term energy. Don't consider them food.

There's lots of food available elsewhere on the playa; it's where you find it. There are no food lines on the playa or food kitchens. There are a lot of foods given as gifts, and camps that specialize in this. Remember to bring your own cup, plate, napkins/serviettes, and cutlery with you-- and something to clean your hands as well as the aforementioned items- in your backpack/camelback.

Food Sources near Black Rock City

Depending on your politics, [Wal-Mart](#) can do a lot for you. There are lots of them, several in Reno/Sparks, one in Fernley, and in Winnemucca NV. If you like going to WallyWorld, they're ok. There's a huge [Trader Joe's](#) on the south side of Reno; very well stocked and full of burners.

Once you've gone onto 447 above Fernley, the pickings are impossibly thin, except for some roadside Indian Taco stands. Wadsworth, Nixon, Empire, and Gerlach all have small stores; you're on your own. There's a daily bus from BRC to Gerlach; it takes a while, and there's really not very much in Gerlach unless you're into convenience store items, and not much of that. Planning will help you; shop in Reno/Sparks, Fernley, Lovelock, or Winnemucca before you hit NV 447 to Gerlach and the Burn.

Radical self-reliance is a hallmark of the event. That doesn't mean you're totally stranded, but it does mean that the others around you, while inclusive and generous, also have brought what they needed, and must leave with no trace.

Playa Essentials

- Lots of Brand New Socks
- Baby Powder
- Hand Lotion
- Lip Balm
- Clean Clothes for Ride Home
- Comfortable Shoes
- Camelback
- Baby Wipes
- Wash Cloths
- Hats
- Sunglasses
- Spare Glasses
- Spare Contact Lenses
- Extra Batteries
- Dust Mask
- Goggles
- Q-Tips
- Headlamp/Glow *Don't be a Darkwad*

Playa Tips

Foot Care: *Playa foot:* - is a malady unique to the Black Rock Desert caused by the alkali dust that makes up the desert. It is, in essence, a chemical burn. The most common cause of playa foot is exposure of your feet to the desert floor by not wearing socks and closed shoes.

Wash your feet well to remove all the playa dust that is embedded in the cracks of your skin. This may require soaking them in a basin of water. Many people recommend adding a small amount of vinegar to the water to neutralize the alkali. 1/4 vinegar and 3/4 water is a good mix. After washing your feet, dry them well and look to make sure you have gotten all the playa dust off of them. If available, apply a thin layer of antibiotic ointment or lotion to the soles of your feet. This isn't absolutely necessary and should only be done if you can keep your feet covered with socks and shoes or boots.

Keep your feet covered with socks and closed shoes or boots. Failure to do so will only allow your feet to get worse from the accumulation of more dust on your feet.

Nose Care: Saline or w/aloe nasal spray. Especially if you are use to a more humid climate. Dried out nasal passages can hurt and bleed.

*Take care of your Feet...
Your Feet will take care of YOU!!*

Drink Water! Drink Water! Drink Water! Drink Water!

No... I did not say drink a Beer, Wine Cooler, cup of Coffee, Ice Tea...I said...Drink Water !

Maintaining enough fluid in your body is probably the single most important thing that must be done! The Black Rock Desert is a very harsh environment. Most if not all of you (other than our Arizona contingent) do not live in a desert, and are not used to the full sun & heat all day. Please pay attention to your body, when it says it is time have water, drink water, when it says it is time to rest, please rest...

Watch for the warning signs of non-sufficient hydration:

Lack of energy, headache, dry lips, tongue or mouth, Lack of sweat, Infrequent urination or no urination whatsoever, dark urine or urine with a strong odor (by day 2, your urine should be close to "clear" if properly hydrated)

Either that or... a visit from the Paramedics, a trip via CareFlight & Emergency Room in Reno in the \$5000.00 range!

Drink Water! Drink Water! Drink Water! Drink Water!

Volunteerism is important; it is the purest sense of giving. When you give freely with the guarantee of compensation... The reward is the journey itself.

Lip Care: lip balm with sunscreen, preferably hung from the neck so you always have it at the ready....whether you have pockets or not.

General Stuff: A set of clothing including shoes/sandals that stays in zip lock bags until after tearing down camp, to change into for the ride home.

Mask for wind storms, Small sized Sanitizing gel (alcohol) to keep in your pocket. Good to use after a trip to the Porto Potties. Camelback or similar (for portable hydration). A reusable mug or cup for coffee and beverages at the Center Camp Café. **Contact Lenses:** (Bring a back-up pair. Then bring a back-up pair for the back-up pair)

Medical Alert Bracelets: Black Rock City's Emergency Services Department highly encourages folks who normally wear a medic alert bracelet to do so on playa as well. If you don't usually wear a medic alert bracelet but have a serious medical condition, we encourage you to wear one on playa to ensure Emergency staff can take appropriate care of you. Questions? Email [911\(at\)burningman\(dot\)com](mailto:911(at)burningman(dot)com).

*If it does not come out of your body
It does not go into the potty!!*

How much water should I bring? You are responsible for bringing **Five (5) Gallons** of water/vehicle to donate to the Camp. This water will be used for starter water each day for the Human Carcass Wash and will also fill a Community Water jug for all to use. This bright orange cooler will be in the Community Space and will have blocks of ice dropped in each day so that there is always cold water to enjoy for all campers.

You also need to plan for water you will personally use during the week. Plan on **1.5 Gallons/Person/Day** for drinking, your mileage may vary.

It is also your responsibility to bring your own shower water. We supply the shower you supply the water. The Shower bags have a Three (3) Gallon capacity and if you leave the nozzle open the water drains at One (1) Gallon/minute. So that would mean you would get a 3-Minute shower. If you want a longer shower have more water available or turn the nozzle off while you soap your hair or lather your shower partner.

So if you plan to take one shower/day and you are there for 7 days you would need ~20 Gallons of water for showers.

The best transport for your water are the Arrowhead or similar brand 5-gallon suitcases, they pack & carry the easiest.

Remember, water weighs **8 lbs/Gallon**, so you might want to wait to purchase your water in Reno or Fernley and not transport the water from your home destination to save weight and gas mileage.

The definition of community is a place where there is gift exchange. The converse of that would be, if you wish to destroy community, a good way to do it is to turn all gift giving into commercial exchanges.

Sense of Community

We are a community and the way Poly Paradise has continued to be a community is through the efforts of all of YOU!

Burning Man is based on Radical Self Reliance, as a community at burning man this does not change, with the exception of the infrastructure that is provided. It is still up to all of us to make the PolyParadise community be successful. It takes all of us together to put the structure together, maintain it on a daily basis.

What you need to contribute towards our community is:

- 5 Gallons of Water/ Car - Running of the Human Carcass Wash / Community Drinking water.
- Take At Least ONE (1) Bag of Community Garbage Off-Playa - Be responsible and dispose of this garbage in appropriate receptacles.
- Follow the LEAVE NO TRACE rule of BM, and coordinate with other camp members prior to leaving the event and our campsite looking for and picking up MOOP (Matter Out of Place)
- Participate in one mandatory volunteer shift (Cooking or Cleaning)

Meals are not included in the \$170 Fee. Meals are a gift the community gives to itself. Again this is radical self reliance it is not up the community to feed you, and it is up to all of us to contribute together.

All of us contributing, to meals will make a big difference. Even if it is not your scheduled turn to cook...adding a small side dish can add to any meal. It can be as small as chips and salsa, canned fruit, a salad, anything you want to share with the group. The more you share without being asked the more there is for everyone.

We will have two separately marked sections in the kitchen this year. Community Coolers and Personal Coolers.

Community Coolers are for everyone. They will be iced everyday and contents are available for everyone. They include Assorted Meat packs, Frozen Fruit, Chocolate, String Cheese also a cooler for leftovers. A Large container of Cold Drinking water will always be available in the community area.

Personal Coolers can be stored in the community area so you can have easier access to your items and you do not have to store them in a hot tent. Please put your name on your cooler and respect other people's property. Ice for personal coolers are the responsibility of the individual.

PolyParadise works because we all work together.

This is a "do-ocracy" If you see something that needs to be done...do it or ask for help from a campmate.

PolyParadise is our home in the desert for a week. Together we can enjoy our community and enjoy our Burning Man.

Burning Man can be anything you want it to be....So make it AMAZING!

Love and Playa Dust,
WildChild aka Ginny
Burner Chick
Camp Mom

Camp Needs

Needs For Inside - 4 Peas (Perfect Place for Poly Play)
Mattresses, Sleeping pads, Old sheets (flat preferred), Blankets, Sleeping bags, Comforters, Pretty lengths of cloth, for decorative purposes. Safe Sex Supplies.

Needs for Community Space:
Chairs & More Chairs for Community space
(Without Foot Rest Attached)

Remember: Anything that you bring to the Playa & PolyParadise is yours to take back home. Please do not leave your unwanted food, infrastructure or garbage for me to take home to Phoenix.

Camp Layout

I have NO IDEA where within the camp's perimeter any one person(s) will be located. What I do know is where the main structures will be placed, beyond that there is no Pre-Playa plan.

Please find Scotto before you start to setup your space, it is very important that you find Scotto or the person he has left in charge. There is no Pre-Playa plan, as in you will be placed as you arrive. If many of you arrive in camp at the same time, please be patient with us as we find the best suitable location for you and your gear. The camp is a LARGE puzzle that is pieced together as the week progresses.

If you arrive and Scotto and/or his trusty steed are asleep please take a walk to the Man, relax it is your... Day 1 @ Burning Man.

A situation may arise where you are asked to adjust the size of your footprint; I expect your understanding & patience. Please be flexible and be willing to compromise on the amount of space you are allotted if I ask.

Camp Laptop

There will be a Community Laptop; the primary function of this device will be to interface with the receiver to provide a continuous (if desired) stream of Techno & Selected Rock-Reggae - 20Gigs as a matter of fact.

With luck we will be able to hook up with the available Wi-Fi On-Playa. There are no guarantees at Burning Man, but if the planets align Internet and contact with default world may be possible.

