

- **What to bring**
- A red bandana with a feather attached to it with an abalone shell that has two holes in it (quill of feather up).
- A tobacco for the diiyin and your offering.
- A Tent, sleeping bag, camp chair.
- Comfortable clothes for the Quest. Layered clothing with cold and rain protection. We recommend you have one or two more layers than you think you will need. It's April in Ramona and can get damp and cold at night.
- A flashlight with an extra set of batteries.
- Insect repellent since there may be some flies and mosquitoes if the days are warm.
- Some sage to bless and smudge your space when you begin.
- A drum, rattle or flute is optional.
- A note-pad and pen to record your experiences, visions, and reflections.

FOR CAMP BEFORE YOU GO OUT ON YOUR Moon Quest AND AFTER YOU RETURN - QUESTERS AND SUPPORTERS

1. **Two Give-away items.** This is an object, keepsake or possession of yours that may or may not have some intrinsic value that has some special meaning for you. The idea is to give away this item and any attachments you may have with it in this ceremony. This is done as a way to let go of the past and release any attachments to it. One goes to the diiyin in gratitude, and the other to a fellow sister quester in healing.

We advise each of you not to plan anything for the day we end, or

the following four days to allow plenty of assimilation time.