



Dear Women,

We are looking forward to gathering with you at Red Earth: The 6th Annual Mountain West Women's Herbal Gathering September 9-11th at [Parrish Ranch](#) in Berthoud, CO!

First, please direct any questions you have to Astrid at [redearthherbalgathering@gmail.com](mailto:redearthherbalgathering@gmail.com). Please do not contact the ranch directly! Thank you!

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

It is our greatest intention to have a Covid safe event based on the current recommended guidelines for the state of [Colorado](#). We advocate for personal autonomy and support women to take care of themselves and their children, and to do what feels in alignment and important for their health and wellness.

**If you are bringing your kids, you must register them!!! Register [here](#). Also, all children must be accompanied by an adult, this is not a drop off event.**

### **To Bring**

- **Sun protection.** We will largely be outdoors. Please bring sun protection such as hats, umbrellas, sunscreen, long light clothing, spray bottles for misting oneself.
- **Eating ware.** Bowl, plate, knife/fork/spoon, travel mug. You are welcome to bring washable or compostable ware. We will have wash bins for everyone to wash their own dishes. Please make sure you **BRING YOUR OWN UTENSILS**.
- **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.
- **Toiletries**- There are sinks and showers!
- **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
- **Musical instruments**/hand drum
- **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, and by the Fire Circle.

### **Washing and Bathrooms-**

There are very limited indoor facilities at the ranch. There will also be port-o-potty's, outdoor sinks and outdoor showers.

### **Meals-**

We will be serving dinner on Friday as well as breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. All meals are vegetarian and gluten free with plant based options. We will also be serving teas and herbal infusions, as well as coffee in the morning. 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.

**Children-** When you drop your children off at Fairy Garden Youth Village, please be sure they have good shoes, change of clothes, snacks, water bottle, sun protection, rain gear...ready for anything. Please be sure to look at the children's welcome letter and medical release [here](#). Having a wagon to cart kids and stuff around is also helpful.

**Arrival-**

Parking-

We will have women to greet you on the land and direct you where to park! Tent camping is separate from the parking area, so bringing some sort of cart is helpful to carry your camping items.

Registration- Everyone must register upon arrival to the land 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 a 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.

Ancestor Altar

Please bring any item or photo of loved ones lost to the ancestor altar. Do remember to bring them home at the end of the gathering.

Address for Gathering

Parrish Ranch  
15720 Parrish Road  
Berthoud, CO 80513

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

Abundant blessings,  
Astrid Grove, Founder and Organizer