

Shield and Bow:
The Sisters' Handbook

Contents

Welcome!.....3

Culture of Shield and Bow.....4

 Self Empowerment4

 Mental Health4

 Racism/ Transphobia/ Misandry/ Homophobia/ Cultural Appropriation4

 Manner of Dress5

 Ritual Offerings5

 Gifting.....5

 Sisters Helping Sisters and the Auction5

On Site6

 Land acknowledgment.....6

 Pets and Children Under 16.....6

 Smoking6

 Electronic Music.....6

 Swimming.....6

 Garbage and Recycling6

 Photography.....6

 Cell phones/Internet.....7

Preparing for Shield and Bow7

 Suggested Items to Bring.....7

 Water.....8

 Food8

Arriving at Shield and Bow.....8

 Registration.....8

 Weekend Ticket Holders8

 Day Pass Holders8

 Late Arrival8

 Parking9

Getting to the Bunkies.....	9
During Shield and Bow	9
Identifying Volunteer Staff	9
Shuttles: The Broom and the Light Rider	9
Power spots	9
Hangout Spots	10
Feast Hall	10
Firepit.....	10
Hammocks.....	10
Workshops	10
Forgot Something?	10
All About Bunkies	11
Getting There.....	11
Smoking	11
Food / Camp Kitchen	11
Respect the Shared Space	11
Getting Along	12
Decorating	12
Emergency Procedures and First Aid.....	13

Welcome!

Welcome to Shield and Bow! We are so thrilled that you are here and hope that you find this handbook helpful. We've done our best to make this guide as detailed as possible so you can make the most of your festival experience. If there's something that comes to mind that we've missed, reach out to us at shieldandbow@gmail.com and let us know!

We truly hope you have an amazing time at the festival and remember that this is your festival experience. Participate in as much or as little as you want while honouring yourself, and others.

Culture of Shield and Bow

For Our Sisters, by our Sisters!

This is Shield and Bow's slogan and it's one we take seriously and deliver with a lot of mirth and joy. We strive to have a culture of supporting each other and behaving with respect and kindness.

The event is completely volunteer driven and is for all cis and trans women 16+, as well as non-binary folks who are comfortable in a space that centers the experiences of women. We are co-created with community and everyone helps contribute to the experience.

Shield and Bow is also a weekend to connect to yourself and others. It is a celebration of our chosen identity; driven by commitment to community and it is a way to lift each other up!

Self Empowerment

Thank you for joining us and making a choice just for you! Especially if you are new and solo. Your self-empowerment is important and we are continually inspired by the folks who function independently and show up prepared. That being said, no one is an island and it's okay to ask for help if you've tried to fill your need and cannot. Reach out to a fellow Sister, or a Volunteer Staff if you have any concerns or needs.

Mental Health

Folks come to Shield and Bow for many reasons but, as Shield and Bow is volunteer driven, we as a non-professional group cannot provide mental health care to attendees. We gently request folks to be honest with themselves about where they are in their mental health journey and question if they can fully provide and function for themselves within the festival environment.

Racism/ Transphobia/ Misandry/ Homophobia/ Cultural Appropriation

Shield and Bow is a culture based on respect. Racism/transphobia/ homophobia and misandry will not be tolerated. We do not build ourselves up by tearing others down. Please respect the processes of other cultures and understand what closed and open practices are.

Manner of Dress

Mostly anything you like! Dress up, dress down, be comfy in your best onesie, PJs, or bring out your old prom dress. You got a shield? Bring it. Tall leather boots? Heck yeah, we love rocking those. Furs? Yup, you'll see that too.

But just in case it needs to be said... Anything racist, homophobic or promoting fascism etc. will not be tolerated and you will be asked to change or leave. :) We ask that attendees avoid feather boas or anything else that may shed and leave waste on the land.

Ritual Offerings

Folks sometimes bring offerings for ritual as a way to honour the land, each other, deities, etc. Ritual offerings are not a requirement, but if you do choose to bring something they should be biodegradable, or burnable (please no plastic or glass).

Gifting

Many of the Sisters choose to freely give gifts during the festival and it's pretty incredible. Handmade notes, workshops, cards, hugs, re-gifted items and food are a few of the ways folks have shown their love. This is not something you must do, but don't be surprised if folks freely offer you a gift. What someone gives and to who is their choice, and we ask that all gifts/gifters respect the individual rights of recipients, including their right to say no.

Sisters Helping Sisters and the Auction

Sisters Helping Sisters is a fund that provides free entries every year. Through donations, we create two baskets full of goodies and sell raffle tickets at 1 for \$5 or 3 for \$10. Please go to registration to view the baskets, purchase tickets and/or donate items. Your support makes it possible for fellow Sisters to attend that would not otherwise be able to. Thank you, thank you, thank you.

This year, we are hosting a raffle/Auction on Sunday morning with the proceeds going back to the event. Shield and Bow is committed to making the festival as financially accessible as possible and this is one idea to help raise funds and keep ticket fees low while walking away with some amazing items. If you would like to donate something for the Sunday raffle/auction, please go to registration. Thank you for your support and for helping with our goal of a financially accessible event.

Donated items have varied but some examples of items we have received are: tarot decks, stickers, handmade jewellery, candles, art, new clothing, handmade pottery etc. Please do not donate handmade food, items that are in poor condition, drugs or alcohol or experiences.

On Site

Land acknowledgment

With Christie Lake Camp (CLC), we respectfully acknowledge that we gather on the unceded traditional lands of the Omaamiwinini (Algonquin) Anishinabe Nation.

Pets and Children Under 16

Shield and Bow is a 16+ event. Children bring a lot of magic and joy into spaces, but this event is for us as individuals to relax and connect with other adults. Children and non-attendees cannot be on-site for Shield and Bow 2025. No pets are allowed on-site.

Smoking

Smoking is allowed on-site BUT it will be limited to smoking sections. This will apply to smoking of any kind and vaping. But don't worry, its smokers setting up the locations and they will be numerous. There is no smoking and/or vaping in the bunkies.

Electronic Music

Music is amazing! We love music! But maybe not while we're trying to sleep or commune or do some yoga. We ask that folks leave their speakers at home and use headphones when they need their tunes.

Swimming/ Kayaking/ Canoeing

Swimming is at your own risk. There is no night swimming/dock use. Kayaks and Canoes are not allowed.

Garbage and Recycling

Please bring your garbage to outside of the Feast Hall, for disposal. Garbage is \$2/bag.

Photography

Photography is allowed on site, so long as you have the consent of the individuals involved (watch the background). Folks who don't want to be photographed will have a red wristband to help identify them.

Note that no photography is allowed during rituals, bardic or Feast.

Cell phones/Internet

Cell service at Christie Lake Camp is spotty and unreliable. This is a great opportunity to disconnect as much as you can from the outside world!

In the case of a true emergency, it's best to get up top to the road, find a volunteer staff with a radio or use the radio in the Feast Hall.

There is free WIFI available in the feast hall.

Preparing for Shield and Bow

Read the Program! :) It will really help you plan out your event.

Suggested Items to Bring

- Cash (for vendors, auction, raffle, etc.)
- An extra sleeping pad/mattress/foam etc. that can fit on top of a twin mattress for maximum comfort (in case you don't like the mattress provided in your bunkie)
- WARM sleeping blankets. It can get surprisingly cold at night in June
- Clothes for rain or shine. Layers are key depending on the year
- Boots and/or closed toe shoes (especially if you are participating in Archery)
- Bathing suit
- Lights for inside and outside the Bunkies
- Flashlight
- Musical Instruments
- Towels
- Food
- Something to cook food on / kitchen setup
- Feast Kit: Plate, bowl, cup, cutlery, bag (optional)
- Toiletries
- Small first aid kit that includes band-aids
- Any medication you take
- Chair
- Bug spray, sunscreen
- A bag/wagon to transport your belongings between event/workshop locations
- Ear plugs, sleeping mask
- Headphones for cell phone/tablet/computer use in Bunkies
- Ritual offerings (please no plastic or glass; liquids or burnable items only please)

Water

The water is potable at Christie Lake Camp, but we have been advised that the water does contain a higher saline level (still potable though and tested regularly). Those with hypertension (etc.) should bring drinking water. We will also be setting up some water stations around the camp, with the main refill station located in the Feast Hall.

Food

We will not be providing fridges, coffee makers or stoves, so we encourage attendees to bring their own kitchen set up (on your own, or with your bunkmates) and cook outdoors (there is space). We know some attendees who only bring precooked food for the weekend.

Ice is not available on site, but Perth is only 15 minutes down the road.

Arriving at Shield and Bow

Registration

When you arrive at Christie Lake Camp, drive past the house and down the road to the Registration hut at the bottom of the hill. Please stop and register, whether or not the desk is open (see Late Arrivals below). Registration is open between 4-8pm on Thursday, 10-12pm and 4-7pm on Friday, and 10-12pm on Saturday.

Weekend Ticket Holders

Once registered, please drop off your gear at your bunkie (see Getting to your Bunkies) and then park your car in the parking lot.

Day Pass Holders

When you arrive, please check in once registration is open. Day pass holders can be on-site from 9am-9pm. If you arrive late, please use the radio and we'll get you registered (see "Late Arrival" below). Please park in the day pass area behind registration.

Late Arrival

Arriving outside of Registration hours? Fear not! There will be a walkie at the table in Registration in a clear bin with Instructions on what to do next. Give us a call and we'll give you a hand!

Remember to turn it on, make sure it's on channel 1, press the button and wait a breath before saying "Hello, this is ___", and wait for a response before continuing.

While you're there, sign the “Late Arrivals Sheet” that lets us know you've arrived late and will register in the morning.

Parking

When you're ready to park, the parking lot is located at the front of the property and will be marked with rope to help guide you.

Getting to the Bunkies

Bunkies that can be driven up to: 2, 4, 6, 8, 10, 14, 16,18

Please keep the road clear (as much as possible) as you unload your gear and then return your car to the parking lot.

Bunks that require use of Gear drop off points: 1, 3, 5, 7, 9, 11, 13, 15,17, 19, 20

Some of our bunkies are a little out of the way... but fear not! The walks aren't very far, and the path is clear and well defined, just not vehicle friendly. However, along the main road there are clear signs for the nearest gear drop off points to your cabin. The Jills are here to help you on this quest, should you need them.

During Shield and Bow

Identifying Volunteer Staff

Need to find a Volunteer Staff member? We'll be running around with identifiers of high-visibility Hunter's orange and purple ribbons, which will be somewhere on our person. :)

Shuttles: The Broom and the Light Rider

Shield and Bow encourages self-reliance and empowerment but sometimes you just need a ride. Behold! The power of the magic golf carts! There to pick you up in a pinch is our UberSister, riding the Light Rider and lit up to the high heavens, and the Broom, shared by our Sirens and the Jills.

There are active shuttle times planned around rituals, and during registration hours to help you get around, should you need it. Shuttles are a courtesy service and while we do our best to help, should not be expected.

Power spots

Need a charge? There will be some power bars in the Feast Hall so you can charge your cell phones or small battery packs. Please remember your cables and your charging block.

Hangout Spots

Feast Hall

The Feast Hall will be open for the duration of the festival. There is comfortable seating, Vendors, games, charging ports, water and, in the lower level, a washroom. Please feel free to gather here.

Our Feast Hall is decorated by attendees every year so bring your banners, flowers, statues, etc., and put them up anywhere in the Hall anytime before 6:30pm on Saturday! Please remember to take anything you bring home. S&B is not responsible for any lost/damaged items. No scented candles or incense, please.

Please clean up after yourself when you're done.

There will be a radio in the Feast Hall in case of emergency and/or need for assistance. If you cannot reach someone, call 911. If you need assistance, please turn on the radio, make sure it is on channel 1, press the button and wait before speaking. Say "Hello, this is ___" and wait to hear back from someone before you continue.

Firepit

The Firepit is a sacred gathering space, providing light, warmth and the presence of your Sisters. We make our vibe, so bring your instruments, stories, songs! Please listen to the Firekeepers, and connect with them if you would like to make an offering to the fire. Please don't throw anything into the fire without first asking a Firekeeper.

Please, no glass around the firepit.

Hammocks

There are lots of trees! We welcome you to bring a hammock and set up a spot, but please don't block pathways.

Workshops

Please arrive early in order to find a seat, pay (if there is a fee), and settle in. Remember to be respectful of the host and other participants. Feel free to leave at any time for any reason; no explanation is needed.

Forgot Something?

Did you run out of ice? Food or water? Perth is only 15 mins away, and there's this one plaza that pretty much has it all. A grocery store, pharmacy, Dollarama, cannabis and booze store can all be found off HWY 7 at: 80 Dufferin St, Perth, ON K7H 3A7.

All About Bunkies

Getting There

Check out the section "[Getting to the Bunkies](#)".

Smoking

There is absolutely no smoking/vaping or saining allowed in the bunkies or around them.

We will have dedicated places to smoke (don't worry, its smokers setting this up and we got you).

Generators

There are no generators allowed in or around the bunkies.

Food / Camp Kitchen

We welcome you to set up your own cooking tent near your bunkie to heat food, and do your dishes, should you need it. No cooking inside the cabins, please!

Folks are welcome to bring their meals to the feast hall and use the tables/chairs there to eat. There are also microwaves and kettles.

If everyone in the bunk is ok and you've checked about allergies, you can have snacks and drinks in the bunkies.

Remember to share the space and clean up after yourselves. Don't leave food open, especially overnight.

Pack up your recycling and garbage and either bring it home, or bring it to the Feast Hall and find a Volunteer Staff member to take it to the Camp's bin. Garbage is \$2/bag.

Respect the Shared Space

Please use headphones if you want to listen to music, watch videos and to take calls. Do your best to remove yourself from your shared space if you need to take a longer phone call so as not to disturb your bunk mates.

Please lower your screen brightness at night.

No open flames.

Use earplugs.

No photography or recording is allowed, unless given consent by all of your bunk mates.

Apply any sprayed bug repellent or sunscreen outside the cabin.

Please, no strong scents and absolutely no smoking, vaping, bug coils, candles or incense.

Getting Along

Communicate with your bunk mates. Talk to them! :)

If you're having issues with your bunk mates, please try to work it out with them and resolve the issue on your own before reaching out. If you must change cabins, we have some bunks in reserve. Please go to registration for assistance. If registration is not open, please find a volunteer.

Please note that volunteer Staff will not get involved in any interpersonal conflict that arises.

Decorating

If you want a little more privacy in your bed space, use a sarong/blanket or tapestry tucked into the bunk above you to create your nest. Note that one bunk in every bunkie doesn't have an upper bunk bed.

We encourage you to bring lights for inside and outside of the bunkie. There is a contest for the best decorated bunkie, and you and your bunkmates could win a prize! The winners will be announced at the bardic Saturday evening.

Departing

We're sad to see you go!!! Thank you so much for joining us and we hope you had an amazing weekend. When you are departing, please sweep out your bunkie and collect any garbage that you may have. Garbage is \$2 a bag and can be dropped off at the feast hall.

Shuttles will run until 3:00 pm Sunday (subject to change if the pick-up of the golf carts is earlier).

We ask that attendees please depart no later than **4:00pm Sunday evening**.

We always appreciate any help that is offered. After closing and if you want to, we could use help with the clean up. Lights, signs, garbage and the butt cans need to be gathered and brought to the feast hall. Tables, chairs, banners and tablecloths in the feast hall also have to be stored. Thank you to everyone who is able to lend us a hand.

Emergency Procedures and First Aid

In the case of an emergency, call 911

Christie Lake Camp Address: 1264 Althorpe Road, Westport, ON K0G 1X0

If you need staff assistance and cannot find someone, there is a radio to contact us in the feast hall on the left by the charging stations.

Reception at Christie Lake Camp is not always the best, so if your call isn't going through, find a volunteer staff member with a radio.

If you hear the continuous ringing of an old-school bell, this is a site wide call to gather at the Feast Hall. In case of a tornado, the safest place to gather is the lower level of the Feast Hall.

The closest hospital is:

Perth and Smiths Falls District Hospital

33 Drummond St W

Perth, ON K7H 2K1

TEL: (613) 267-1500

There are full **first aid kits** in the Feast Hall and simple first aid kits (i.e.: for small scrapes and bumps requiring band aids) in the bathrooms and golf carts.

There are **AED kits** in the feast hall and down at the lake in the shed.

There are **NARCAN** kits in the bathrooms, golf carts and the feast hall.

Fire Extinguishers are located at The Meadow and the Feast Hall.

Tick Checks: Ticks are an ever-growing issue in the forest and are present in this area. Please check yourself daily and if you find that and have attached, please contact your medical provider. DO NOT pull them out with your hands. We will have tick keys in the washroom just in case.