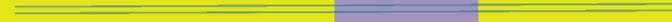
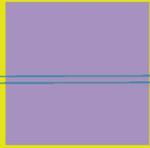


COMING OF RAVE



Welcome to Coming of Rave, our helpful guide for the baby ravers out there. We were inspired to make this when we realized we have been raving for a really long time and haven't died (though we do cry a fair bit still), and that we should probably help other young-ins / people new to the scene also not die and live their best rave life. That's basically it.

This is a collection of real talk about drugs, how to not have a terrible time at the party, sex, packing for festivals, not dying and being an all-around good patron of the rave / festival while you are still figuring shit out.

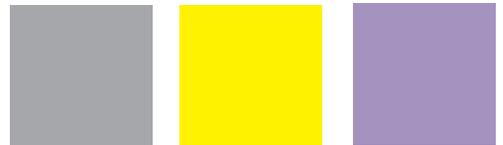
Needless to say, this zine includes explicit references to mature content and swear words, blah blah blah.

Please share it around!

P.S. Coming of Rave is dedicated to all the Queens in Ravepower.

XOXO,

S & E



Packing for a festival is overwhelming, you can think about the necessities as the days counting down get shorter, but when it comes to actually putting things in your bags, you'll always pack too much. *"It's better to be safe than sorry"*- Rave Mom.

Your Temporary Home: Tent, air mattress, pillow, towel (for sitting on and towelling), tarp(s), bungees/rope for securing said tarp(s), cooler(s), dry goods container (because just like in real camping, critters can get into your things at festivals too), kitchen accessories (ie. all the things you need to prepare food), garbage/recycling vessels, camp shower (if you feel so inclined as to bathe yourself- also a helpful bonus to be clean if you wanna get busy with a friend), lighting (to see at night), camping chair (because you have to sit down eventually!).

Your Temporary Fridge - You need to eat, or else you will die (exaggerated statement).

You'd be surprised how much your body craves real food, cliff bars and V8's can only take you so far and actually preparing a meal can help your body and your mind reset during the chaos of a festival. How about a hot meal? Even better!

Soon your campsite will feel like a mini home instead of a war zone covered in

plates used for everything except food.

Here are some ideas about what is good and what is bad to bring:

Good: Fruits and veg that don't perish or bruise easily ie. apples and carrots vs. peaches and tomatoes -unless you have faith that when you're searching for a beer at 2am you won't toss all your peaches and tomatoes to the bottom of the cooler, leaving them in a bruised puddle, only to be discovered on Monday morning.

Good: Dried proteins like nuts, jerky, chickpea snacks, cliff bars are okay when they don't make up the entirety of your solid food groups.

Bad: Potato salad, or any sort of premade dairy-based thing that one buys from a deli, it may seem like a great and easy idea for a meal, but unless you're neurotic about restocking your ice, it's best to leave it in the store, lest it join the peach-tomato puddle.

Good: Breads, crackers, chips, etc.

Bad: Things that create a lot of waste like dunkaroos. You may think that they're a fun and good idea, but that's only half true, they're half fun and half garbage.

Good: Premade cold brew coffee, you can freeze it and utilize its coolness for the beginning of the festival and it's a good idea to do this with all your non-alcoholic liquids. The list could go on, common sense applied and ya'll should be fine and fed.

Festivals might be a manufactured dream world, but that does not exempt them from the hazards of mother nature and porta-potties: How to dress yourself for the elements and things to consider.

First of all, where is the festival? A arid desert climate? England? Australia? Definitely check the weather before you go, but as we all know, weather apps are dirty liars, so plan for the best and the worst.

Here are your elements, accessorize wisely:

- › **Rain-** Poncho, umbrella, welly/gumboots or go naked if it's warm enough, skin is waterproof.
- › **Sun-** Hats, bodysuits, misters, parasols, fans (electric or manual), find a tree to sit under, heat stroke sucks.
- › **Cold/Nights-** Fur (vintage or faux), ponchos (the warm kind, not the rain kind), scarves, etc.
- › Remember, the break of dawn is always the coldest part of the night, so don't de-

layer too soon, even if you see that sun peaking over the hill.

General hazards:

The Ground- Always wear shoes, boots are great because they're durable and better for your feet than flat canvas shoes, but anything that is in shoe form is better than running around the rave without shoes, stepping on things and having to go to first aid to get a tetanus shot.

Porta-Potties: Outfit hazard #1, heed my warning, do not wear big animal onesies. It goes against the advice to dress yourself warmly and I know you want to be a pikachu on Friday night, but one year at Shambhala someone told me that they called them "Piss Spongages."

The reason being is that porta-potties are covered in piss and when you go to the bathroom high on acid, chances are you're not holding the entirety of your outfit in your hands, so it drops to the ground, the piss floor, soaking up the piss.

And you're also still high on acid, so you're not going to wipe properly therefore also getting your own piss on your outfit (scenario also applicable if you're sober).

So when the sun rises and you're walking back to your campsite and

you smell the scent of evaporating pee as the sun hits the wet grass you also might be attributing to that smell. You've been warned.

Try your outfits on before you leave, wear them around the house. Jump, bend and stretch and see how it holds up. There is literally nothing worse than getting less and less sober and having to fuck around with straps, and hooks and worrying about parts staying put or having friends be on nipple / labia / ball patrol (shout outs to the mvps who do this for us though!)

Another important thing about costumes is that you don't have to costume. The best part about raves is that you can literally wear ANYTHING, that's one of the best parts of the rave. So if your vibe is more casual - that's TOTALLY FINE.

You don't have to feel pressured to spend money on bodysuits, sequins or whatever rave wear if that's not your vibe. You will not have good time if you are feeling weird in your own skin, forcing a look that doesn't really feel like "you." It's actually a recipe for a terrible time.

Also related to this is the fact that as much as we say that raves

are super accepting of all humans, I would be lying if I said that being surrounded by tiny humans wearing just stickers and floss, didn't make me feel like shit once in a while, as a person who needs 46 underwires and thick spandex to keep my tits in place.

This is why dressing for you and only you is the most important part of outfit selection. Know what you rock best and it will bring out your inner queen / king. When you are comfortable, it will show and you will have a better time.

On this tip - if you hear someone (even someone in your crew) body shaming or slut shaming ANYONE at the rave - address it, do not ignore it.

On the flipside of this, if you are loving how someone is rocking an outfit, respectfully let them know you appreciate their style. They may look like they have all the confidence in the world, but we all move through life with our insecurities and sometimes it is nice to hear someone appreciates what you are putting out there.

Rave culture has many fascinating origin stories, from various parts of the world resulting in the experiences you have come to know and love today. Raves historically, and today still can be places of immense freedom and safety, especially for marginalized communities. We call raves “inclusive” all the time - but what does that REALLY mean?

Cultural appropriation is when people from the dominant (aka white) “culture” “cherry pick” aspects of a non-dominant culture, get to try it on for a look, [for a rave](#), for a moment, as a costume and don’t have to actually live with all of the complex, systemic and sometimes festishing discriminations faced by members of dominant cultures not just historically, but daily.

Long-story short, it’s hella shitty and the antithesis of P.L.U.R.

[Indigenous headdresses](#), dream catchers, [“dreads” on non-POC](#), [bindis](#), and [more than 2 braids](#) on people not belonging to the cultures that hold those items in significant are all examples of cultural appropriation.

Kind of related to this the word [gypsy is a slur](#) and isn’t really the correct way to describe your summer living out of your van going from

festival to festival.

I don’t want to sound preachy here, but I want to encourage you to get to know your scene, and do your best to engage with it in a meaningful way, rather than just feel entitled to get messed up and be entertained by it.

Learn about the queer, black, trans roots of most “dance-music,” think critically about what it means to rave as a settler on (likely unceded) Indigenous lands, learn about the political narrative behind many of the beats and dance moves that show up in rave culture, and even about the role that gentrification plays in the commodification of “nightlife.” Don’t stand for homophobia / transphobia / racism / ablism / slutshaming at events. Don’t wear items of cultural significance that aren’t of your own culture to a rave to get fucked up and dance in. Just don’t.

Try to make the cultural exchange taking place at raves more balanced and equal by increasing your overall knowledge about the scene that you are a part of.

Be a better ally, the raves will be a million times better once your perspective is opened to the rich history of the party scene, I swear!

We all learned not to litter when we were children, so why shouldn't this apply to partying? It's not hard, pack in what you pack out.

Check the festival's information to see what the limitations are and what the facilities are. If it's a place like Burning Man, you literally cannot leave a single thing on the ground (No MOOP! [Matter Out Of Place]). Other festivals are a little more relaxed in their garbage policy.

Regardless of where you are, you should pick up after yourself. Don't leave your whip-it canisters everywhere and pick up your cigarette butts. Separate your compost and recycling etc. Leaving tents behind is 100% unacceptable, you may think it might be another person's future ground score, but it's not, it's just your garbage.

Have you ever spent a Monday morning drinking whisky and picking up tiny bits of garbage from the dance floor while the party is still popping off? It's actually pretty fun, but shouldn't be necessary. Consider it as one of your last party acts, being mindful is fun...when you're drunk...and just normally too.

If you are at just a one night rave, be mindful of where you can and

cannot smoke - DO NOT SMOKE INSIDE IF YOU ARE NOT SUPPOSED TO. Be quiet when you are outside smoking or leaving. Cops get called. Parties and venues get shut down when the neighbors get pissed about 3 am noise.

Generally don't be an asshole in the space by stealing, tagging or being rude to the staff. Spaces that people can party in all night are getting harder and harder to find and promoters put a lot of work, money and love into creating spaces for us to rave in, one way to show you appreciate that is to help take care of the space, the people in it and the neighborhood around it.



Rave life requires you take care of your body. Your body is a temple type shit. Especially at multi day events. SO:

- › Make time to nap, even if it means sacrificing a set you wanted to see
- › Wear sunblock and find shade.
- › Stay hydrated and remember to pee. Some substances make it hard to detect when you need to pee and / or make it hard to start a stream once you are in the port a potty. This and the lack of usual hygiene routines, sex, and alcohol can lead to a dreaded UTI, which is something you want to 10000% avoid at a festival.
- › Eat some veggies, even if it means buying an overpriced smoothie once a day from vendors.
- › Coconut water is your pal (it tastes slightly less gnarly super cold, I swear)
- › Eat a decent meal (protein!) 2 hours before heading into a big party night.
- › Do research about

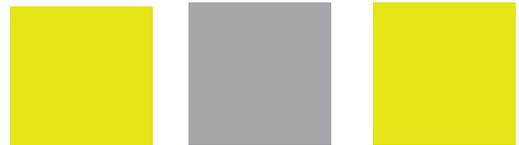
supplements. Many people use 5 htp to help bounce back from MDMA use, however this can be dangerous to do when using back to back days.

It may be safer to supplement once you are done using the MDMA for a while (post rave, not during the rave).

Magnesium has also been reported to help reduce the jaw clenching that comes with MDMA.

- › Again, ideally you have a doc or nurse practitioner who can help you figure out if any of these are right for you.

Overall, listen to your body. There will always be another rave, and if you aren't feeling great, you are tired, your legs hurt, it's totally ok to have chill time in your tent or even call it a night.



Basically hooking up with someone you meet at a rave or festival involves all the usual hooking up stuff (use protection & common sense) but with a few added considerations:

- › Make sure you pee before and after! As I mentioned in the Physical Health section, UTIs are the enemy of the rave, and you must keep them at bay!
- › If you are able to, give yourself a babywipe shower, and make the other party / parties do so as well-including a super good handwash. People at raves can get pretty crusty, hygiene-wise, and often fully neglect regular hand washing. Day 3 rave fingers / genitals can equal a quick ticket to yeast infection town. Before my last rave hookup, we sat in the tent and cleaned our dust boogers and tbh, it was one of the cutest pre-hookup things I have ever done.
- › You may wanna (or may

not wanna) let your pals know the general camping area you are headed to, so they don't issue a missing persons report across the festival when you don't roll back to camp at the end of the night.

Remember that some substances have some effects that directly impact sex-stuff...

For example GHB may increase your desire (aka make you horny). While not necessarily a bad thing, remember that there is another person (or other people) in the experience, and it's important to not let the increased desire you are feeling make you blind to what's going on for them.

Being dehydrated effects all the systems - meaning that your body may not make as much natural lubricant as you would under non-rave conditions. Bring some extra to supplement, or stop by the harm reduction tent for some!

Many substances can impact the ability to get or keep erections. This is actually pretty common, and not something to make a big deal out of if it happens during a hookup.

Some people obtain a drug called Viagra to help counteract these effects, and I mention this to remind you that anytime someone is acquiring a drug without connecting with a doctor first, it can be risky! Viagra (and similar drugs) can affect blood pressure and be dangerous when used with other drugs that also lower blood pressure.

Related to this, some drugs can make it hard for guys to come, even when everything else seems to be working fine, just an FYI.

Full, enthusiastic consent is ALWAYS important with every single hook up, and when drugs are in the mix, extra care must be taken to:

Make sure that the other person is able to consent, and is not incapacitated or feeling pressured for any reason.

AND

Make sure that we have enough awareness to be able to read what the other person / people are telling us with their words and their body, to make sure we really have that enthusiastic, excited consent during the whole hook up!

TAKE EXTRA CARE AT EVERY TURN TO MAKE SURE THAT YOURSELF AND YOUR PARTNER(S) ARE FULLY INTO WHAT IS HAPPENING!



(What to do when they lock eyes with you from beneath their baseball cap)

As much as I low-key wanna tell you that my best advice here is to R-U-N, I am not going to (mostly because boys are cute and sex is fun and besides, I can't honestly say that I will never bone another dj again, soooo). Here is what I can say about hanging out with (and probably sleeping with) higher profile DJs (of the straight man variety, but some might also apply somewhat to other versions).

If you get invited backstage, be on alert for some redflags. As the whole D_ts_k shit show highlighted, sketchy things happen when dudes with fame (or proximity to fame) use that power to get laid.

If security backstage does weird stuff like separating you from your friends, making comments about your body, not letting your guy friends come back, or gives you a general bad feeling like they don't actually care about your safety - don't stay back there.

Bring / use your own drugs or go easy with his. Drugs (including alcohol) can be a power play. While it might be appealing to get high with a DJ, too often drugs are used to incapacitate and take advantage

of people, or at least create a dynamic where you feel like you owe him something later (spoiler alert: you don't).

Be realistic about the circumstance. I am not saying that 100% percent of the time it's just gonna be a hookup, who knows where things will go, but I am saying a LOT of the time, it may just be hook up. **WHICH IS CHILL** if you are both open and upfront about this, and you aren't expecting that you are now bf/gf for life.

If it does turn into something know that dating DJs is not the easiest (but can be the funnest!) thing - especially if they tour a lot. If you are the super jealous type, it may end up being a lot of stress for you - it's good to think about this upfront.

Related to the casual sex stuff, ensure he wears a condom, for the love of everything holy. If he refuses - that's a super clear indication that he doesn't have respect for your safety / well being which is an essential part of sex-casual or not.

Remember that if you do start hanging out regularly, you are not obligated to like his music, promo his shows, hang out at every single

one of his sets etc etc. This might be a dumb thing to add, but I have seen lots of pals get super annoying once they got caught up in DJ land, and forgetting that they are their own awesome human, with their own life that also does cool shit.

Don't ever forget that, in any relationship, DJ or not.

Do some reflection on what the appeal about DJs is in the first place Is it that you like their vast knowledge of music? Like that they create stuff? Like that they make the whole vibe of a party?

It feels good to be around people like that for sure, but also don't forget that if that stuff really calls to you there is nothing stopping you from also [learning to dj, produce](#), take photos / video or do sound / lights. The world needs more non-dudes doing this stuff!

PS - I dont mean for this to be a "Watch Out DJs Are Dirt Bags" rant - it's totally not. I have some friends who are DJs (of all the genders) and they are awesome human beings, who go out of their way to make new friends at shows and make sure everyone has a fabulous and safe time at their shows.

Some of my funnest times raving have been with all the best weirdos backstage / in green rooms/ with artists. BUT - patriarchy is real and it has taught some men that power = sex and the scene isn't immune to that, [as events of the past year](#) (#MeToo) have shown. Therefor this is meant to share some ways to reclaim / guard yr power in a circumstance where others may be used to taking it from young women.

Nothing can really make a night go weird than someone aggressively being a creep, or thrusting a dance floor boner your way. If you see anyone making others feel weird, don't just let it happen!

Here are a few ways you can help:

Be direct - ask the person to give the other person some space, take a walk, or even tell them they are being too intense

Delegate - go get security or someone else from the event to talk to them

Distract - go up and break up the moment : do a stupid dance, pretend to be the targets friend, fire question after question at one of the people give the other a moment to sneak off.

Check in with the target, even if the creep has left, it can really change that person's night if you check in with them, see if they are ok, let them know you saw what happened and that you agree it was messed up.

Consent is ESSENTIAL. Flirting, attention and hooking up can be a fun part of this culture, but only when it is mutual, equal, and shared.

Some tips for making sure that you (and the folks you are raving with) know how to prioritize consent:

1. Read people's body language.
2. Listen to what they have to say, and

not just for what you want to hear.

3. Do not stare or follow people around the rave / festival.

4. Don't assume that someone being respectful means they like you, sometimes people are just being polite, esp women / femmes who have been socialized to not be rude, even it means sacrificing their own comfort.

5. Don't take it personally if they give you the cold shoulder (work on yr own shit, so that rejection is chill).

6. Be mindful of how much space you take up on the dancefloor.

7. Actively try to even the distro of power in the exchange.

8. Ask before hugs or anything that puts you inside anyone else's bubble.

9. Know how certain drugs may make you less able to read people's vibes properly, and think about how that may affect how you are interacting with people and the energy you are bringing into the party.

10. People who are inebriated by drugs and / or alcohol cannot consent. Chill out, listen to the music and revisit the connection at a time when both of you are in a more clear state of mind.

11. Tell people before you put drugs in their drink or let them sip from your drink that has stuff in it.

12. Support your friends who are maybe too high / drunk to be self aware about the above.

Ok so, firstly it is super essential to acknowledge that the safest way to reduce the harms related to drugs is straight up avoid them.

However, it is not very realistic to assume that you are never going to be around people using, especially in rave culture. Therefore it's very important to have some knowledge to share to help your crew, others at the rave, or yourself reduce some of the risks that come with drug use.

Talking about drugs and risk frankly is not encouraging drug use, nor is it condemning drug use - it is just accepting that realities that even though drugs have risk, and even though events say they are "Drug Free," some people are going to use and they deserve info / resources to help themselves be safer.

There is SO much info on this topic out there on the internet, but here are the basics, with links to learn more.

IMPORTANT: Find a health care provider that you can be super honest with about your social use of drugs, and who won't be judged about it. Consider seeing a nurse practitioner or going to a youth clinic if you feel you aren't connecting with your current doctor.

Before you do any substance, ask:

- › *How is my mental state right now?* How am I feeling? Am I with safe people who will have my back if this doesn't go as planned?
- › *What is this that I am taking?* (like actually what is it? Can you get it tested before or at the [event](#) or with your own [testing kit](#)?)
- › *What can I expect to happen with this?* It's a really good idea to learn about the effects (positive and not so great) so that you can mentally prepare yourself AND be better equipped to detect when something is wrong in your crew when using. [Erowid](#) is a great website with so much helpful information about all the substances. Also, [Dancesafe](#) and [TripSit](#) make really helpful apps for your phone that can be really useful if you are thinking of doing something new on the fly. [Ask the Caterpillar](#) is a helpful harm reduction chat bot that you can ask questions and [Roll Safe](#) is a MDMA safer use guide.

› *What mixes with this?*

Get to know your combos!
For example it is VERY dangerous to mix alcohol and Ghb. [This chart](#) by TripSit is SUPER HELPFUL - save a version on your phone.

Don't forget about drugs you may have a prescription for, example using MDMA while on MAOIs (a type of antidepressant) can be fatal. [This is a helpful](#) site to cross check your medications and substances you use, or are considering using socially.

Then it is time to ask: "What harm reduction tips do I need to know if I am gonna use this drug?" Some common ones are:

Not sharing straws to snort drugs (and not using money!)

Making sure you drink a large glass of water every hour or so at a hot rave

Using a measuring device to measure ghb doses when you are sober

Not using anything alone, and telling at least one other person in your crew what you are planning on taking

[Knowing how to rescue breath](#)

Having naloxone / narkan and knowing how to use it

Starting small (crush up powdered drugs instead of swallowing a whole pill, taking a small amount) waiting an hour, and then assessing if you need more.

It is really important that you know the trouble signs and where to get help.

Generally, if anyone is having trouble with any of the following, it's worth getting some medical attention:

- › Breathing (breathing too slow, too fast, not at all)
- › Staying awake - they suddenly get very very sleep or very confused
- › Temperature - they are too hot or too cold and the rest of your crew is comfortable
- › Chest pain
- › Going super pale and skin feeling cold but damp to touch

Not all of these mean that something is wrong, but they are signs that you should maybe get at least get checked out by first aid or someone else who can help.

Better safe than sorry! Don't ever let fear of getting in trouble stop you from seeking help. It is not illegal to be on drugs, and most people working these events also party (or used to!) themselves so they get it.

Also, don't ever ever ever leave someone who doesn't look so great alone to "sleep it off." If you are just a little worried, make them a safe bed where someone is watching them, if you are super worried get them medical attention ASAP.

Any well organized festival should have a sanctuary / harm reduction space. These spaces usually offer some harm reduction supplies and a place to chill out if the party just seems too hectic.

More and more one night raves are offering these services too, which is great. Find where this space is as you get acquainted to the party, so you know where to go if you need help.

Some general harm reduction supplies to throw in your bag (you may need to do some work to hide some of these if you have to go through security):

- › Earplugs
- › Condoms and lube
- › Clean straws
- › Gum / hard candy
- › Syringes with no needles (if using ghb)
- › Naloxone kit

If you are worried about your relationship with substances, please reach out to someone you trust. Most provinces in Canada have a 211 or nurse line that can be a great start for those seeking some support.

Always be aware, or at least try to be. Check in with yourself, check in with your friends, even/especially check in with that dude on the ground who you think is probably just taking a nap.

Taking care of yourself and knowing your limits is important when entering such fun and all encompassing experience like a festival. But self-care happens after a festival as well. As we all know, or if you don't know, there is a pretty strong come down after you've spent 3+ days having the most fun ever and meeting a million new friends.

There is a chemical come down and a life come down, the one where you have to go back to your responsibilities and the quiet of your home.

Here are some tips for turning the post-festival come down around:

- › Do it with friends, this is a thing that makes the most sense but doesn't always click when you're sitting alone on your couch crying.
- › Eat one greasy meal (with friends), but then step back and pack your body with the nutrients that it craves.
- › Hit up that rec-centre

sauna, sweat it out, it feels good and it will relax you (do it with friends).

- › Go out into nature, seeing trees that aren't clad in neon lights is healthy for the brain and eyes (friends are good, alone is good too for reflection).

If at anytime you feel overwhelmed by the negative sensations (depression is real and something that shouldn't be brushed aside) that sometimes happen after partying then maybe do a minor scan of yourself and see if you need to reach out to a professional.

Don't make any big life choices for like at least a week after you get home. Don't cut off your hair. Don't text your ex. Don't quit your job to make crystal headbands. Come on.



- › It's a marathon, not a sprint.
- › Get baby wipes that are unscented, or ones that smell like fruit.
- › Save one nostril for fun and one for oxygen, your tongue will thank you once you wake up and didn't have to mouth breathe through your whole sleep.
- › If your ex is gonna be at the rave, put a plan in place (ideally when you are sober) with pals to help you manage any weirdness.

Yeah it doesn't feel good to see them out having fun and maybe with a new person...but without a clear plan in place, when potentially taking drugs that make you feel EVERYTHING, it could escalate to something messy real fast. Find a good crew, who will bring the laughs and NOT let you go crawl into the ex's tent and cry.

Don't waste the rave on the ex. For real.

- › Change your socks everyday

This zine comes to you from a place of jaded bitterness, love and compassion. Reflecting on what we were like when we first started raving and how we've watched people over the years end up in places that they didn't want to be, whether that be harm reduction, or an uncomfortable banana suit, we want this to help people just a little bit, to ease the load of thinking about things, so you can have the most fun! Because that's what it's mostly about, fun.

Lessons are usually learned on your own or through mistakes, so here are some of ours to give you some perspective when you embark on your exciting new party adventures. :)



RESOURCES

[Bass Coast Harm Reduction Page](#)

[Trip! Project Harm Reduction](#)

[DanceSafe Harm Reduction](#)

[Global Drug Survey Harm Reduction
YouTube Channel](#)

[Scarleteen - Sex Ed for the Real
World](#)

[Find a Sexual Health Clinic in BC](#)

[OUT OF SIGHT, OUT OF MIND: An
Analysis of Rave culture](#)

[Rave Ethics Zine](#)

[Burning Man MOOP Page](#)

[Mental Health Resources](#)

