

"Spiritual Healing is often experienced as a state of harmony, balance, greater well-being and joyfulness."



*If you need information, please consult a member the Eastmain Advisory Healing Group*



Sundancer's Supply List

## A Dancer must ensure to have all the necessary material to Sundance and bring it for a check at the third Sundance Meeting

- Tobacco:** Minimum 2 pouches needed (to give to the Sundance Chief when you enter the Lodge, prayer ties, offering for doctoring, Nest, etc.)
- Prints:** Each participant should have their coloured prints at their first meeting. (1 meter of broadcloth). First year, blue and white. Any additional prayers (for family) can be in any colors but NOT black (use dark blue instead).
- Whistles:** Whistles made from eagle or other birds (goose for example) are accepted. If you cannot find one before the Sundance, one will be obtained with an offering.
- Sundance Patch:** Will be provided. It identifies the Sundance where you are dancing.
- **Wraps/Skirts:** Men need to wear a red wrap (approx. 2-3 meters of red broadcloth). Women need to wear red ankle length skirts/dresses.
- Headband, Wristbands, Anklets:** Each dancer must make a headband, wristbands and anklets out of red cloth and sage that they wear for the duration of the Sundance. Must be burnt after.
- Ribbon:** Ribbons are offered during the Buffalo Dance ceremony to offer prayers for those who have died by suicide. Blue or white ribbon. Approx. ½ meter each colour.
- **Home Fire:** Dancer should remember to bring a piece of wood (like kindling) from their home community.



•**Regalia:** Pipes, rattles, medicine, sage, tobacco

•**Gift (offering):** It is customary to give a gift or an offering to the person doing your piercing as you come to the buffalo robe. i.e. tobacco, money or anything you feel to give away.

•**Tent/Shelter:** The Sun dancers will be sleeping in the lodge on Friday and Saturday night but will require shelter(tent) for Thursday night on the Sundance grounds.

•**Bedding:** Sleeping bag (or two), Ground covering/mattress pad: Tarp or bevy sack (many dancers make a homemade bevy by folding up a tarp into an oversized sleeping bag and duct-taping two sides and leave an opening at the top). You will stay outside even if it rains so make sure it is water-proof material.

•**Dress for the Weather:** Be prepared for any weather.(sometimes may be cold at night)

•**Flash light:** Useful preparing to go to bed, and going to the washroom at night.

•If you smoke, menthol cigarettes are better to bring., usually there is a bags check when entering the lodge.



### Note

Once dancers have gone into the lodge – they cannot touch liquid or food.

Dancers will not be allowed to wear hats or sunglasses once they have entered the lodge.

Dancers cannot bring bug repellent, sunscreen, wet ones or anything liquid or gel and/or books to read.

Dancers who are diabetic should inform the Sundance Chief so he/she can be monitored and certain medicine can be prepared for the duration of the his/her Sundance

Any dancer requiring medication MUST talk to the Sundance Chief Norman Cheezo prior to bringing any medication into the lodge or taking medication.