

Sundance packing  
April 4, 2011 at 7:52am

Dear Sundancers:

We are preparing for another Sundance year and need you to be prepared if you are sundancing or will be a supporter. Please make every effort to have your bundle intact. If you are sponsoring someone make sure they KNOW what to bring, if they don't have a pipe, make sure you tell us well in advance. Each person is responsible for their pipes, their Sundance clothing, their sage and crowns, their Sundance whistles, new ropes, pegs, tobacco, smudges, tobacco offering for the tree, prayer ties. If you need help, ask someone in advance. This is only a suggestion. See you soon. This is intended for our sundancers and supporters.

Sundance Packing

Bedding:

General with sheets, pillow, wool blanket, light blanket, futon and sleeping bag.

Sheer curtain to keep the flies off.

Teepee door covering in case none is available. Small tent if there are no teepees available.  
flashlight

Self Care:

Tooth brush/mouth wash before sundance

4 anti-bacterial wipes for clean-up, this is necessary use

Toilet paper

Sun Screen

Brush and comb on a string to hang up in rest area

Emery board for nail care/sharpening pegs

Clothes for sundance

4 Dresses

4 Aprons/one heavy and one light with belt. Women use their dance shawls for this.

Poncho's/ for moon dance which will be Tuesday July 3rd. Women wear white dresses.

White dresses for moon dance and for our young maidens

Men's Sundance skirt (4 if possible)and safety pin, shorts

Moccasins if elder or if needed

Sage Crowns

Camp clothes:

4 skirts with a slip

4 blouses/4 T-shirts

Sandals/tennis shoes

4 pairs of socks

Cotton underwear

Light weight jacket

Sundance jacket

2 pairs of pants/2 pairs of shorts

2 sweat lodge robes

Rain coat or poncho

Personal care:

Shampoo/conditioner

Bug spray  
Face mister/toner  
First aid kit  
Towels and wash cloths  
Minnigan  
Head band  
Bandages/gauze  
Hydrogen peroxide for wounds  
Golden Seal for wounds from piercing and flesh offerings.  
Quinine for leg cramps  
Drink Soda with Quinine before Sundance to prevent leg cramps  
Hay fever medicine/medicines prescribed. Please notify Sundance chief these are needed.  
Journal and pen  
Give-away, especially for those having their 4, 8, 12, 16,20th year etc. (Where are our veteran dancers?)  
ginger roots  
Prescription medication is approved by the sundance chief. Please let him know if you are diabetic.

Bundle:

2 yards of red material, for sage crown and ankle and wrist bands. Remember the dry good store is no longer there. Please bring your own.  
Scissors/plain sewing needles for flesh offerings/sinew, red cloth  
Sage for crown and wrist and ankles  
Ribbon/yarn for decorating your crown and for the sundance tree.  
Sundance necklace  
Eagle fan  
Eagle whistles w white tape and red tape for the plume  
Choke cherry Pegs for piercing-or bone pegs.  
Rope and identifying tape, ribbons or feathers  
Eagle feathers/Spikes for the men.Wearing feathers on your crown indicates you are piercing.  
Pegs-Choke cherry  
Red paint  
scalpel is good to bring your own if possible

For the Sundance tree

Lots of tobacco ties for His Skirt. 6-10 yards x 12 inches is not too much(everyone can make this tie)  
Pipestone dust, at least 2 gallons  
Bear grease but olive oil preferred.  
4 wooded bowls for the four foods: wild game, corn, berries, wild rice, covered with red cloth and with spoon.  
Rope for the eagles nest  
Buffalo hide for the Buffalo man and buffalo  
Four Direction colors for the doorways pole  
Food for our tree/ men's foods should be buffalo, please talk with sundance chief about this.  
Four sacred foods, berry, wild rice, corn and wild game.  
Water for tree and for those putting up the tree on tree day.

## For the Sweat Lodge

Dippers

Cedar brooms to dust off the grandfathers

Sweet Grass,

Sage

Cedar: think large amounts that are cleaned into small pieces. Need at least 4 big bags

Tools for making the sweat lodge

Sweat lodge dresses or robes or towels

Tobacco for the Fire men

Tampers for the pipes and cleaning rods

Please make sure your pipe and stem is clean before you come.

## Sewing kit

4 direction colors

Other color material for the tree, be generous and bring your own

Scissors

Package of needles for the flesh offerings

Sinew

Strong cords for the pulling feathers, ladies please bring your own supplies

Red felt/yellow embroidery floss

Safety pins

Bees wax

Knife

## Kitchen area:

Dish bag required:

3 plates

3 bowls

3 cups

Plastic ware

Napkins

Food contribution for the kitchen or cash donations

Need choke cherries, buffalo meat, wild game, wild rice, maple syrup, gator aide for Sunday, cedar, wood for the fire,

gator-aide for Sunday, help in the kitchen every day, set up, cleanup, serving, water detail, wood detail

## Pipe:

Pipe- EVERY sundancer needs a RED pipe stone pipe.

Pipe cleaner-hanger

Couple lighters-one torch wind resistant

Tamper

Smudge bowl

4 medicines: sage, sweet grass, cedar,

tobacco, the best kind you can bring. red willow preferred for the pipes

Matches and wind resistant lighter

Eagle plumes, eagle whistle, hold our plume

Sundance staff and holder

Knife

Small wooden bowl

Tools:

Sharp knife

Machete

Work gloves/leather

Root cutter/puller

Pruner for cutting cedar/branches

Duct tape

Hammer

quarry tools

Our beautiful sundance tree holds all our prayers-for the people.Our beautiful sundance tree holds all our prayers-for the people.