

COMMUNITY ADVICE FOR ABDL CONVENTIONS

Special thanks to all the AB/DL Community members who took the time to contribute and offer advice!

Fawny

- Plan your outfits ahead of time with wiggle room for comfort!
- This means setting out each outfit and assigning it to the day of the trip, with a piece or two extra just in case the planned outfit isn't gonna be it. overalls on Thursday. the pink dress on Friday. sweater and leggings on Saturday.
- Don't forget about special events like dances, and vanilla options for leaving the convention space.
- You're also going to want a sweater, and pajamas if you wear them.
- make a spare parts kit!
 - little care items and repair/junk drawer stuff you might need in a pinch. a couple of elastics and safety pins go a long way!
- plan time to grab essentials early on. Going to a store with your friends is a great way to make silly memories, as you tease them about which kind of pureed fruit, they're gonna need. and you can grab Gatorades and cheaper snacks.
- dollar store travel kits are awesome. a waterproof bag with little refillable bottles so you can wash up with your usual products.
- hotel stuff kinda sucks tbhhhhhh.
- pick some medium-decibel-blocking earplugs if you find that you get tired being in loud places. something like Loop Engage dulls noise while letting you hear people talking to you.
 - <https://www.loopearplugs.com/products/engage?variant=48379456749903> lots of other brands exist too though and bring earplugs anyways!! even on quieter floors, you'll hear doors closing and people talking. comfy earplugs make a huge difference.
- I wouldn't recommend the above loops for sleep, they're hard plastic.
- The rooms have microwaved this year.
- Hotel is not providing trash bags, bring your own!

Max

- Wear wear wear vanilla clothes outside the hotel!!! So many people don't

JAZZ

- Buy healthy snacks for your room like fruit or oatmeal.
- Also Drink Water

Wooness

- I always recommend getting snacks and other essentials, so you don't have to spend as much \$\$\$
- I saved a lot by buying breakfast bars at side quest.
- Also, don't feel bad if you need to rest in the middle of the day. Also, I recommend bringing any meds you MAY need, I always have a stash of Tylenol, Ibuprofen, Allergy meds, other random meds that may be needed.
- get trash bags for diapers.
- Makes cleanup SO much easier

PinkPaperClipGuy (Neeko!)

- Follow the 621 Rule! It's more than just a funny number!
 - 6 - hours of sleep!
 - 2 - meals a day!
 - 1 - shower per day!
- I thought of another thing, some folks (like me) prefer to walk around the con without shoes, but since you can't have bare feet, I recommend REALLY thick socks or house shoes that are just super comfy.

Nemo

- (Regarding the no bare feet rule) Grippy Socks, Booties or Slippers
- I always hit Walmart before the con and have a mobile electric tea kettle.
- Also, I do suggest having a dirty clothes bag, even a trash bag or something. They can get ripe.
- Also, I always suggest having some Pedialyte on hand, good for con crud and hangovers as well as dehydration.
- Instant coffee and tea are something I bring to every con, this is why I have a travel kettle that collapses.
- My diaper bag always has moist towelettes, glasses cleaners and binkie wipes. They take up next to no room, weigh nothing and can make a world of difference. I like my binkies sterile.
- Binkie wipes are a sterilizing food safe wet wipe.

Ruka Puddlegum

- Essentials I look for first on any trip:
- meds. Get a little day of the week thing to save space,
- phone charger! You don't want to have to buy this on-site. If you are from overseas, having your own adapter can be wise!
- paperwork! At a minimum, your ID/license, but if you are traveling from out of country, your passport (and any necessary travel visa paperwork) is great to have in a little zippy bag easily accessible!
- means of payment. This is big for out-of-country people, but not all bank cards work in all countries. Make sure however you pay for things is accepted where you are going, or make plans with friends to trade currencies.,

For CAP specifically:

- Every single room in the host hotel has a fridge and a microwave. Great for storing temperature-controlled meds, leftovers from eating out, a cold bottle of water, or cheap meal items you can snag at the grocery store. Pb&j, instant oatmeal and nature valley bars go a long way!
- CAP does not allow glass containers on the con floor, so leave those nice glass bottles at home and bring a plastic sippy cup instead! ✨
- Many people bring their favorite plushies, and as we know they can mean the world to you. Consider using an air tag or similar on them just in case you get too involved in playing and accidentally let them wander,
- for the bigs/caregivers in the room, I can't recommend a small carrying bag enough for holding sippy cups, snacks, pacis, trinkets your kiddos find, etc.,
- It's been said before, but blackout trash bags. The hotel/CAP does not provide these, and we want to make cleanup easy and non-eventful for hotel staff! Pack some or buy a roll at a local store to share with friends!