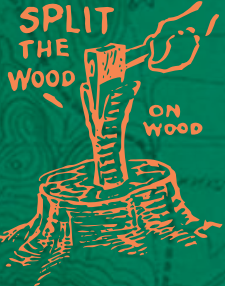


# BURNING MAN



# FAMILY SURVIVAL GUIDE



# INTRODUCTION

Welcome to the Burning Man Family Survival Guide! Here you will find important information and helpful hints for making your family's time at Burning Man safe, comfortable and fun.

By now, you should have read and studied the general Burning Man Survival Guide, which is required reading for all participants. A copy of the Survival Guide was included with each mailed ticket and is also on the Burning Man website (<http://survival.burningman.org>). Everything in the Survival Guide applies double to kids. Read it and trust the suggestions.

Bringing children to Burning Man presents unique challenges, so we have compiled this Family Survival Guide to help your family enjoy the event to its fullest. We wish you and your children a safe and magical time in the desert playland called Burning Man.

## BURNING MAN IS A KID-FRIENDLY EVENT

Burning Man enthusiastically welcomes children of all ages to Black Rock City (BRC). Children are an integral part of our community and have been present at every Burn since the very first Man went up in flames on Baker Beach in 1986. BRC's infrastructure supports the presence of families, and has an excellent record in regard to the welfare of children. Children of all ages are welcome, however anybody under 18 years of age must be accompanied by a ticketed parent or legal guardian. Children 12 and under are admitted for free but require a no-cost "Kid's Ticket" (visit <http://tickets.burningman.org> for information). Children ages 13 and older require full-price tickets. Be prepared to show your child's proof of age at the Gate.

## SHOULD I BRING MY CHILD TO BURNING MAN?

Deciding whether to bring kids to Burning Man is not an easy choice nor one to be taken lightly. While it may prove to be one of the best experiences you'll ever have with them, not every child's personality and constitution is suited for Burning Man, and not every parent's dream of Black Rock City includes children. Parenting is demanding enough surrounded by the comforts of home. On the playa it takes more effort, preparation and work. We recommend parents go to Burning Man without kids at least once before bringing their children.

As you consider whether to bring your kids to Burning Man, think through the implications. Will your child be able to sleep in a city where sound never stops? Do you have childcare options so your kids will be supervised when you need a break, a nap or some adult time? How might your child react to the stimulation and harsh conditions? Make your decisions and plan your time on the playa based on your kids' ages and abilities, and be sure to talk to your kids about these things, including your concerns. Invite them to express their ideas and concerns, too! With some thought and care, the experience can be super fun for you, your kids and everyone around you.

## BASIC SURVIVAL IN THE BLACK ROCK DESERT



Burning Man takes place in the beautiful, remote and inhospitable Black Rock Desert of Nevada, in a temporary metropolis called Black Rock City. As wonderful a place as it is, the desert is governed by physical laws that cannot be ignored. You are responsible in every regard for your own and your kids' survival, safety, comfort, and for ensuring that you Leave No Trace. Preparing for the playa together can be a fun and engaging part of the experience your family might really enjoy!

# BASIC SAFETY

You are legally responsible for your children. The fine print on the back of your ticket applies to all members of your family. Read it! Don't assume your kids will be safe in someone else's camp, or on Mutant Vehicles or art structures. It's up to you to be aware of what is happening and determine what is safe. Children need supervision and protection at all times. Don't ever turn your children loose without supervision.

## HELPFUL SUGGESTIONS ON KEEPING YOUR KIDS SAFE AT BURNING MAN

Make your own laminated ID card for younger kids with their name, your name, and your camp name and location in Black Rock City. This will help Rangers and other Burners get your kids back home to you if the need arises. Put the ID card on a lanyard, fanny pack or belt clip, along with a whistle, a toy and lip balm (and bring extra copies). Folks have had success with writing their camp location and information with a permanent marker on their child's arm or back before going out for adventures.

Set some key non-negotiable safety rules for your kids. For example:

- Never go outside of the pre-established boundaries in camp.
- Never run into the streets.
- Never leave camp without checking in first.
- Never leave camp without water, goggles, a snack and a dust mask.
- Never enter any enclosed space without parent's approval.
- Never get on a Mutant Vehicle without permission.
- Never jump on or off of a Mutant Vehicle while it's moving.



Practice and review what to do in a dust storm by having a drill. When a dust storm hits, have your kids put on goggles and mask, get inside a predetermined shelter (car, RV, or tent), and stay with parents until it ends. Instruct your child to ask an adult for help getting back to camp or to take them to a Ranger Station if they're caught in a dust storm and separated from you. Tell children to show their ID card or wristband to an adult so they can be taken home.

Talk to your children about common-sense safety, like not looking into the mouth of a fire-breathing dragon and not standing under scaffolding. Reinforce the "stop, drop, and roll" response to clothing on fire. Advise them to be cautious about getting too close to fire art, moving vehicles and other potential hazards. Instruct your child to ask you first before accepting any gifts, food or drinks. Tell children never to accept food or drinks from people outside your camp group without clearing it with you first.

## JOIN IN THE FUN: Family Unification Network

The Family Unification Network (FUN) is an important program that helps facilitate a speedy return if your child is separated from you. After you arrive in Black Rock City, visit the Ranger headquarters on the Esplanade and 5:45 (come by any time, but try to avoid times near noon, 6 pm and midnight to avoid delays due to shift changes) to register yourself and your children with the FUN. While you're there, familiarize your children with Rangers and the Ranger Station. Registered children will receive a wristband with a unique serial number, which will identify the child, parents and camp location. Should your child become separated from you, all he or she has to do is find a Ranger who can then use the wristband serial number to help reunite you.

## TEACH YOUR KIDS HOW NOT TO GET LOST

There's no better way of putting grownups and kids into a panic than being separated in a chaotic environment. Here's how to keep your family close at hand. Remember: you must always know where your children are! Get to know your neighbors. Community is one of the greatest strengths of Burning Man. If asked, most folks will help keep an eye on your kids, your bikes and your camp, while you do the same for them. Teach your kids the village names, so they can ask directions if they get lost. Help kids memorize their address. Set up recognizable landmarks at camp for both day and night, such as banners, flags, and light sticks on poles. Make note of major landmarks at nearby camps and talk about them with your kids. The city grows and changes rapidly — distinct markers will help both you and your children navigate successfully throughout the event. Walk around with your kids, and stop every now and then to check out where you are, what you can see, and how to use landmarks to get back to camp. Consider what your child is wearing. Unique and easily identifiable clothing can go a long way to help a lost child become a found child. Always be aware of what your child is wearing, in case he or she goes missing and you need others to help you look. Older kids are going to want to stretch their limits and cruise around on their own, so make sure they have a map and know where their camp is. Set up some guidelines you both feel comfortable with, including how far to go and how often to check back in. At big events (like the Man or Temple burns), identify an easy-to-find meeting place where you can go if you're separated. Make sure your kids can point this landmark out to you, and know what it's called. Make a plan with your children for what to do if you become separated.

## KIDS NEED WATER

Daytime temperatures routinely exceed 100°F in the Black Rock Desert. The humidity is extremely low, so the moisture is continually being wicked from your child's body. Because it is so dry, you may not feel overly warm, but you'll be steadily drying up. Like adults, kids need to drink a lot of water. Have your kids begin drinking more water as you approach the desert. Urge your children to drink water all the time regardless of whether they are thirsty. With that said, one can consume too much water, so monitor their intake accordingly. Dehydration can cause headaches, stomach cramps, abdominal pains, constipation, or flu-like symptoms and mood swings. It exacerbates heat-related and cold-related conditions (i.e. heat exhaustion and hypothermia), and makes it difficult for the body to mend itself. If your child exhibits or complains of these symptoms, or shows signs of either severe overheating or (worse) a case of chills under the midday sun, get them to shade immediately and promptly seek medical help. In an emergency, go to the medical stations at the 3 & C and 9 & C plazas. We also have smaller satellite stations at the 4:30 & H and 7:30 & H plazas, and another out near the Temple. ESD and the Rampart Urgent Care Clinic are now co-located at the existing 5:15 and Esplanade site. Look for the large red crosses on all six of these medical aid stations. If your children dislike the taste of water, mix in a little fruit juice, but don't give them juice or soda all the time. Bagged or boxed juices are great because the containers are easy to pack back to camp when they're empty. Sealed sippy cups are perfect for the little ones. Older kids might like to decorate their own canteen or water bottle (with stickers, etc.) or to have their own hydration backpack (like a Camelbak). Get kids involved with their own hydration by giving a small reward every time they have to fill up their water bottle (which doubles as a way for parents to track how much water is being consumed). For all kids, supplement water with electrolytes containing sodium and potassium salts to replace the body's natural electrolytes lost through sweating. Dilute electrolyte drinks (like Emergen-C, Gatorade, or PowerAde) half-and-half with water.

### If Your Child Becomes Lost or Separated WITHIN YOUR CAMP, Immediately:

- Search your tent/RV/camp area.
- Ask your neighbors to search the surrounding camps.
- Send other adults out into nearby areas to search: porta-potties, surrounding streets, and neighboring camps.
- Contact a Black Rock City Ranger.

### If Your Child Becomes Lost or Separated OUTSIDE OF YOUR CAMP, Immediately:

- Search your surroundings.
- Ask nearby adults to help search.
- Contact a Black Rock City Ranger.

## WHOLE FAMILIES ARE HAPPY FAMILIES!

If a child is reported as missing, Black Rock Rangers initiate a Lost Child Protocol. An all-hands alert goes out to all Rangers and law enforcement is notified and key event staff. The gates of the city are shut down! No one exits until the child is located. Citizen alerts are broadcast on Burning Man Information Radio (BMIR at 94.5 FM). This is a great system — what other city has the ability to lock its doors when a child is separated from their family? It is also massively time consuming and taxing to Black Rock City's infrastructure. Losing your child will not only stress you out, it will be a burden to the entire city! So, the moral of the story is: **KEEP AN EYE ON YOUR CHILD AT ALL TIMES!**

If your child becomes lost, immediately:

- Search your tent/RV/camp area.
- Ask your neighbors to search the surrounding camps.
- Send other adults out into nearby areas to search porta-potties, surrounding streets, and neighboring camps.
- Contact a Black Rock Ranger.

If your child becomes lost outside of your camp, immediately:

- Search your surroundings.
- Ask nearby adults to help search.
- Contact a Black Rock Ranger.



## FEED YOUR KIDS WISELY

The desert heat can keep hunger down, but it's important for kids to eat nutritious food to keep their energy stable and to avoid meltdowns. There are many guides and references on cooking and eating on the playa, look for hints on ePlaya (<https://eplaya.burningman.org/>) and your local Burner community social networks. Bring lots of healthy foods that your kids really like to eat. Kids should snack frequently, so they eat before they realize they're hungry. Setting and sticking to a routine can be very helpful, but if a kid wants a snack, make sure there's a nutritious option available to them, even when wandering the playa. Focus on high energy foods like trail mix, nuts, jerky, dried fruit, protein bars, and apples. Keep meals simple but plan on having some kind of protein every day. Pureed fruit and meal packets don't need refrigeration until they have been opened. Include salty foods to prevent electrolyte imbalance. Think about hydration with all meals. Crackers and chips can be dehydrating, whereas applesauce, grapes and moist granola bars replenish fluids. Diarrhea is extremely difficult to deal with on the playa and often causes severe dehydration. Be extra careful to avoid anything that might give your child diarrhea. Never allow your children to eat questionable foods. Be wary of milk and meats.

## DEALING WITH DUST

Dust can be one of the biggest challenges of parenting on the playa. Dust will get into your tent or RV and into everything you bring. Make sure you and your little ones have protection in the form of masks, goggles and hats every time you leave your camp, even for a trip to the potties. Plan to hunker down during major dust storms and make sure your kids know the plan. If you're not in an RV, keep an empty space in your car for kids to ride out dust storms. Set them up with water, snacks, a pee bottle, drinking water bottle and activities. When you're out and about, carry the WhatWhereWhen with you. If you find yourself stranded away from your camp during an extended dust storm, find a kid-friendly activity (marked with the kids symbol) with a shade structure to hang out in until it passes, or see if you can make new friends in a camp with some cover! It can be hard (if not impossible) to get toddlers and small kids to wear face masks. However, bandanas can be great — especially if you play playa dress-up games at home before you go. Teach your child to pull the bandana over their

mouth when the dust flares up. Playa dust hurts the eyes too. Make sure your kids have well-fitting goggles, anything from ski goggles, to swimming goggles, to industrial dust goggles. Let them wear the goggles at home and incorporate them into the kid's play world. The alkaline playa dust has a high pH, which means that it's the opposite of acidic. Keeping a neutral pH balance on your little one's skin can make a big difference in their comfort level. Keep a spritz bottle handy with a little lemon juice, lime juice or vinegar, all of which are acidic, and spritz your kid occasionally, which will help neutralize the pH. It'll cool them a bit too, and what fun to play spray bottle games together!

## CARE FOR TENDER SKIN

Playa dust will dry up your child's tender skin, dry up noses, and may cause cracks in their hands and bare feet. Sunscreen, lip balm, and lotion are your best friends on the playa. At nearly 4,000 feet above sea level, the atmosphere provides much less filtering of sunlight. You will burn much faster and more severely than at lower elevations. Put on sunscreen every morning and repeat as needed during the day. Avoid putting lotion-based sunscreen on your child's forehead, because it may run into his or her eyes and burn, but always put it on their scalp as hats often get lost. Instead of lotion, try using a sunscreen stick on little faces. Children's aerosol sunblock is also helpful. Sunblock should be applied when your child has no clothing on as clothes tend to move around or get discarded during the day. You may want to have a "spa time" routine in the morning when you show them how you put on sunblock and help them to do the same. Wipe your kid's skin down every night and apply healthy oils and moisturizers. Swab the insides of their noses with lotion or oil to combat dried-out nasal passages. Playa dust can be hard on tender feet, so socks are a good idea, even with sandals. Watch for blisters. Carry some bandages or moleskin when leaving camp in case of a new blister, and check feet to keep blisters from getting out of control. Moisturize feet with lotion before putting on socks, which adds another barrier from the dust. Remember that some people's skin types are very sensitive to playa dust and can crack easily, especially the feet! Keep an eye on those little toes and clean and moisturize them often. Look for water-based lotions, as oils tend to gum up and hold dust as they dry. Avoid scented lotions, as scents are often alcohol-based, and can irritate skin. Anti-chafing lotion can be very helpful as well.

## HANDY FIRST AID

In addition to any prescriptions your child is taking, bring a basic first-aid kit. It should include: liquid or chewable acetaminophen, sunburn lotion with lidocaine, cough syrup, band-aids, Pedialyte, eye-drops, cortisone cream, saline nasal spray, neosporin, and moleskin for blisters.

## TAKE CARE OF THOSE LITTLE EARS

Much of the fun of life on the playa comes with a lot of very loud noise, which can harm sensitive eardrums. Always carry ear protection headphones for your child — you never know when you will come across some loud fun you'll want to enjoy. Nighttime on the playa is noisy with music, flamethrowers and booms, which can be alarming to children. Protect their little ears and reduce anxiety levels with padded ear protectors.



# CAMPING WITH KIDS IN BLACK ROCK CITY

## WHERE SHOULD WE CAMP?

Families with children are welcome to camp anywhere in Black Rock City. However, giving some thought to where you will camp will make a big difference in your Burning Man experience.



Consider, for example, the nighttime noise levels and how they might affect your child's ability to get a good night's sleep. Although there are no officially designated "loud" and "quiet" neighborhoods, the front edge of the city (along the Esplanade, and on "A" street) tends to be the loudest. Large-scale sound installations are located along the ends of the city (in the vicinity of 2:00 and 10:00). Consider also where you might want to hang out and what you may want to see. You may want to locate your camp away from adult-themed camps (for more info contact Playa Info). Find a site that will make travel convenient. Going to Burning Man with a group that can share resources (kitchen gear, etc.) is almost always a good idea, and it's especially true for parents. Having other adults that you trust to provide support is really useful should you have a tough day, suddenly feel overwhelmed, or get sick or injured. But don't assume your campmates will be happy to take care of your children for you — they may be struggling just to take care of themselves. Sharing this responsibility successfully requires open and direct communication prior to arriving on playa — set expectations together and make sure everyone is on the same page. "Kidsville" is a theme camp village within Black Rock City that is committed to providing a community for all families and their friends. Members of Kidsville come from around the world and from all walks of life. The Village takes up the blocks between 5:15 and 5:30, E and G streets. Registration is required to camp in Kidsville. For more info please visit: <http://kidsville.org/>. Even if you are not registered to camp with Kidsville, camping anywhere between 5 and 5:30 may be a good choice because you will be close to Rangers, medical services, Earth Guardians, potties, information resources and Kidsville, and far away from adult-themed activities.

## SET UP A KID FRIENDLY CAMP

A large shaded area will go a long way to making your days in the desert enjoyable. Kids are mobile, so the larger the area, the more likely they'll stay in the shade. If you have toddlers, enclose your shaded area with inexpensive garden fencing, or orange construction fencing like the trash fence. Bring little chairs and tables. Install a garden mister in their play area. Bring daytime activities that encourage your kids to stay in camp during the heat of the day. When the sun drops over the horizon, temperatures can quickly plummet 50 degrees. Overnight lows in the 40s can seem exceptionally cold after extensive daytime sun. Bring warm clothing and a good sleeping bag. If your family is new to camping, have your kids practice sleeping in sleeping bags at home in the weeks leading up to the event. Whether it's a stuffed animal, special blanket or sippy cup, be sure to pack a familiar object from home to make your kid more comfortable, and help them settle in and rest when they're tired.

## BLACK ROCK EXPLORERS

Black Rock Explorers is a program for Burning Man kids, based on the Ten Principles of Burning Man. Their goal is to teach kids what it takes to survive and thrive at Burning Man, how to embrace their creativity, and how to get involved in their Black Rock City community. By engaging with them through the Explorers, young Burners are more likely to volunteer as they get older, take ownership of their community and become model Burners. Theme Camps, Black Rock City services and the Black Rock community host educational events and offer volunteer opportunities for Explorers. This access also helps highlight the benefits of having kids at the event and recognizes that they are, in fact, the future of Burning Man. Kids enjoy an inside look at what it takes to build and run Black Rock City, and earn badges, pins, and schwag while doing it! To get involved with the Burning Scouts, check out their Facebook page: <https://www.facebook.com/groups/blackrockscouts/>. On playa, you can find the Black Rock Explorers at Kidsville (at 5:30 & E).



# HAPPY BURNING KIDS

Taking your children to Burning Man will validate their imagination, inspire their creativity and give them confidence. However, your kids are going to also get cranky, tired, overwhelmed and everything in between. Regardless of your kid's experience, one of the best pieces of advice is to just relax, enjoy the moment and do your best to make the experience a positive one for your child. Let your child take the lead in exploring. There's so much to see and do in Black Rock City, why not let them be the leaders? Seeing the world of Burning Man through their eyes will be empowering for them and enlightening for you.

## PREPARE THEM FOR THE EXPERIENCE

Until you have been to Burning Man yourself, it is difficult to envision the depth and breadth of the community and the experience. If you haven't done so already, talk to your children about Burning Man culture, compassion, responsibility, respect, self-reliance, courtesy and generosity. Talk to them ahead of time about the kinds of things they may see and hear at Burning Man, such as fire, nudity, explosions, Mutant Vehicles and so on. Check out Burning Man's YouTube Channel for videos to watch with your child before leaving home: <http://www.youtube.com/burningman>. They still won't really know what to expect, but having some context will be helpful. Talk to them about the Survival Guide, about the Leave-No-Trace philosophy, and about what Burning Man means to you and to other people. Let them know which other family friends will be there. Like everyone in Black Rock City, they will develop their own interpretation of the experience while they are there.

One thing kids love and are very good at is gifting. Engage your kids in planning your playa gifts, whether they are crafting goodies to give away or learning how gifting can be as simple as helping someone out, they will thrive on the experience and will love being able to make another person smile.



## HAVING FUN

Having fun and enjoying Burning Man is why you're bringing your kids to Black Rock City, right? Here are a few suggestions on how to have fun with your kids. Want to see everything at Burning Man? Everyone does, but it's impossible, no matter how old you are. Most kids don't have the stamina to keep up with adults in this challenging environment. Break the day into chunks, with lots of time built in for resting, snacking, talking over what you've seen and want to do next, and rejuvenating. The best times for exploring the playa are early morning, late afternoon, evening and dusk. Avoid the midday heat by taking a nap! If you're so inclined, check out the WhatWhereWhen guide you will receive from the Greeters and pick a few kid-friendly activities to do throughout the day. Everyone is only able to see a small portion of what Burning Man has to offer, so relax and enjoy — at your child's pace. At big events like the Man and Temple burns, you may want to stay toward the back of the crowd so you can exit easily if it becomes overwhelming for your children. Take along folding stools they can stand on to see above the crowd. Don't feel bad about pulling back when the chaos starts. Kidsville also has its own early burn which lets the little ones have their own fire if you opt to skip the main event. Be sure you have things for the kids to do while you're hanging out in camp. Bring art projects (FYI crayons melt, so stick to colored pencils or markers), body paints, costumes, water guns, and games. Have the kids help with theme camp art and schwag distribution. What's sweeter than a gift from a small child? Have them help set up camp, prepare food, or whatever else they like to do. This gives them a sense of ownership and responsibility, and a heightened awareness of MOOP (Matter Out Of Place), as well as of the needs of others. Parents need to have fun, too! Work up plans for how to get out and do grown-up things while someone else watches the kids. If you camp with friends or other families, try trading off nighttime watches. Above all, be patient. If you find yourself getting crabby and snapping at the kids, settle down and take a break.

## THE PLAYA WITH A KID

Black Rock City is a bicycle town. Bikes are good for older kids and adults, and wagons or bike trailers are great for younger ones. Child seats on bicycles are wonderful if they are rigged with a parasol or umbrella for sun protection. Nothing beats a mobile shade structure for exploring the playa! But do be careful! Plastic gets very hot out in the sun. Be sure to pad any plastic child seats with cloth, and check the temperature before loading your kid up. When setting out, bring drinks, snacks, fun stuff, along with the kids, to help keep them going when they're running out of steam. Many people hop onto Mutant Vehicles to get around, but beware: you'll likely not be dropped off where you were picked up. Ask if kids are allowed on a Mutant Vehicle before you board, and always be a good example of safety around moving vehicles, mutant or otherwise!

The Center Camp Café is also a great place to relax with your kids. There is art everywhere, lots of shade, a 24-hour performance stage, and lemonade! Have your child bring their own cup, just like the big folks do, and enjoy meeting the other citizens of Black Rock City, large and small.

## KIDS AND BURNING MAN CULTURE

Parents have an amazing opportunity to experience Burning Man from their child's perspective. Burning Man is an excellent place to reinforce open-mindedness and tolerance. You may be surprised at how kids interpret things they see and how quickly they become blasé about things you worry about most. Be prepared to answer challenging questions, but look at it as an opportunity to discuss issues on your own terms. Steer them away from whatever you feel uncomfortable with, but be matter-of-fact about the things they are curious about. Even though Burning Man welcomes children, don't expect the all activities to be child appropriate. Parents are responsible for their children — it's not okay to let them run wild through camps, or climb unsupervised on structures, art work, or board Mutant Vehicles without permission of the owner. Teach your kids the same respect for the community that is expected from everyone.

## COSTUMES AND NIGHTTIME LIGHTING

Loose, breathable clothes provide comfort and protection from the sun, and can be layered with warmer things as the sun goes down. Some kids are comfortable going naked but need to be protected from sunburn and the alkaline dust. Keep an eye on those little feet! Bring costumes like capes, animal ears, tails, wings, furry vests and sparkly clothes. Have your children wear sun-resistant clothing. There are great one-piece sun suits available in fun patterns that can double as costume and sun protection. Some children might like carrying an umbrella for shade and as part of their costume. For night time, one-piece fleece animal suits and footed pajamas make a great outer layer. Don't forget warm fuzzy hats for chilly nights. Write your camp name on their favorite things, in case they get lost. (And if something is lost, check at Playa Info's lost and found station in Center Camp) Kids in costumes are incredibly cute and people will want to photograph your child and give them schwag such as bracelets, necklaces, stickers, etc. Official media photographers wear laminates, and if you are uncomfortable with anyone taking a picture of your child, say so. In fact, your child should have a say in whether they are comfortable being photographed, when they're old enough to express an opinion.

When moving around at night, make sure everyone has lights for themselves and their vehicles, preferably ones that help you keep track of each other. Flashlights are OK, but they're a bit harsh on the playa at night, and break easily if dropped. LED bracelets are much better, particularly multicolored necklaces and bracelets. The necklaces can be a lot of fun for playing night games, and are great on bikes and wagons to help keep other people from running into you. Remember, not everyone is keeping an eye out for three-foot-high people while walking around in the dark.



# PLAYA TEENS AND TWEENS

Even though they sometimes look like and act like grown-ups, teens and tweens are still children who require a parent's supervision. Don't be shy about setting reasonable rules and boundaries for your teens. Their safety and well-being is ultimately the parent or guardian's responsibility.





# BABY BURNERS

While many people have brought babies with them to Burning Man, parents should think long and hard before they decide to expose their babies to the dry desert air, dust, temperature extremes, and loud noises at Burning Man. If you're an experienced Burner, feel that you're up to the task, have access to an RV or other cool, calm environment, and have plenty of support, here are some suggestions for making the experience a positive one.

## KEEP YOUR BABY FULLY HYDRATED.

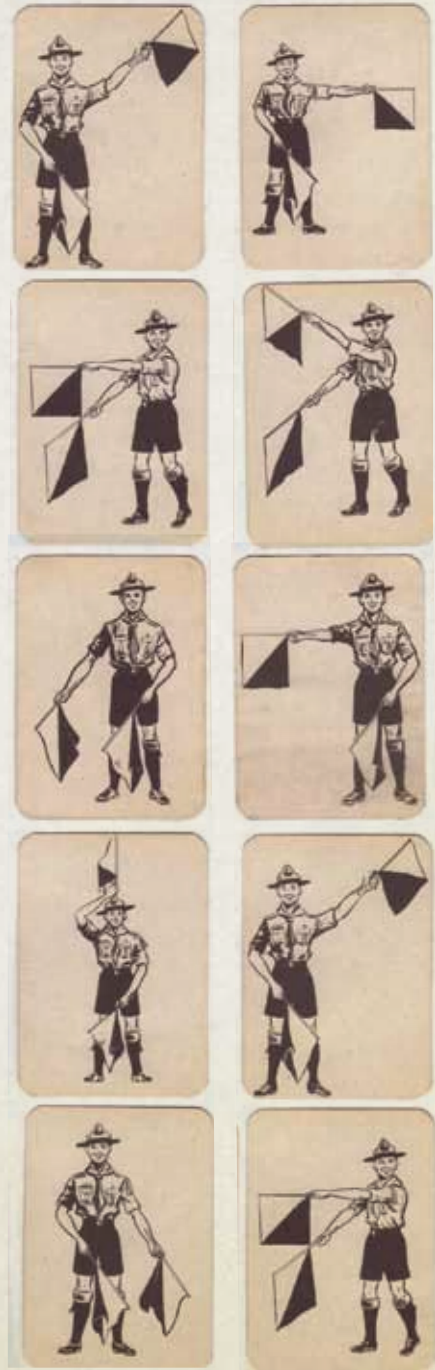
The importance of hydration cannot be stressed enough. If you are breast-feeding, make sure you drink at least 8 oz. of pure water before and after you nurse. If your baby is drinking formula, dilute it more than usual. Train your babies at home to drink water from a bottle. Watch carefully for signs of dehydration. These may include: decreased frequency of urination and fewer wet diapers, fewer tears when the baby cries, and a dry mouth or tongue. Your baby should wet a minimum of six diapers a day. If your baby seems lethargic, stops having bowel movements, or begins to have small, hard or dry bowel movements, seek medical help. Products like Pedialyte can be used if your baby starts to get dehydrated, but try to avoid needing it. For planning purposes, bring enough Pedialyte to cover a full day's worth of fluids, i.e. if they are drinking about four 8-oz. bottles of formula a day, then bring about 32 oz. per day of Pedialyte.

## AVOID EXPOSURE

Cover your baby's skin and head. Babies need bonnets with brims, and light-colored long-sleeved outfits. Do not put your baby in an exposed backpack and spend time in the sun. Make sure your baby is shaded. If you have a baby that is crawling, make sure they have adequate leg coverings. Tender skin will be chaffed by the dust in your trailer or space; avoid putting babies directly on the surface of the playa.

## WATCH FOR LETHARGY

Lethargy means that your baby is in trouble! Signs of lethargy include inability to communicate in the usual way (for example, moaning instead of crying), and limpness or lack of normal movement. If your baby becomes lethargic, immediately take him or her to a cool (preferably air conditioned) place to cool down. Douse the baby with mist or water, but not chilled water! If even slightly concerned, Burning Man has doctors, nurses, medics, medicine and air conditioning; please take advantage of these resources! Medical stations are located at the 3 & C and 9 & C plazas. We also have smaller satellite stations at the 4:30 & H and 7:30 & H plazas, and another out near the Temple. ESD and the Rampart Urgent Care Clinic are now co-located at the existing 5:15 and Esplanade site. Look for the large red crosses on all six of these medical aid stations.



# CHILDREN WITH SPECIAL NEEDS

**You have serious considerations to address before making the decision to bring your special needs child to Burning Man. For example:**

How immediate or severe are your child's health issues? The on-playa medical support is not equipped for extreme emergencies and the nearest hospital is a two-hour drive (without traffic). A medical evacuation via helicopter is several thousand dollars, without special evacuation insurance to cover it.

**1** Does your child require special medical equipment? Determine ahead of time how you will keep devices dust-free and operational, how you will supply power to the equipment, and what you'll do if the equipment stops working.

**2** Does your child require medication? Make sure you have proper storage to protect medication from extreme heat and out of the dust. Know how to keep the medication cool if it needs refrigeration.

**3** Does your child have mobility issues? Electric wheelchairs often have issues with the dust, and are not designed to tackle ruts and the deep dust which may be on the roads and the open playa. Will not being able to join in climbing on structures or exploring interiors of art pieces be a drag for your child? If they're comfortable with their mobility status, these may not be sticking points, but consider this new and exciting environment may bring up these issues. Mobility Camp

(<http://www.mobilitycamp.org/>) provides art tours for those with mobility issues, as well as charging for mobility devices such as wheelchairs, and helpful hints for how to deal with life in Black Rock City when mobility is limited. Additionally, they know how to get you into the locked, accessible potties.

**4** Does your child react adversely to loud sound, music, bright lights or strange costumes? There are all types of sources of sensory overload on the playa. These things may frighten your child, or may cause an anxiety attack or seizure depending on their medical issue.

**5** Will there be another responsible adult with you to help you attend to your child's needs? Burning Man is supposed to be fun for your child and you! Don't try to go it alone. It won't do you or your child any good if you are overworked, overtired and overstressed.

**6** Are you prepared to leave early or at a moment's notice? If your child gets sick, hurt or emotionally overwhelmed, you must be willing and able to leave Black Rock City immediately. This includes leaving all your camping gear behind and making arrangements to come back for it or have someone else take care of it for you.

## ON-PLAYA RESOURCES

### BLACK ROCK RANGERS

The Black Rock Rangers are Burning Man's non-confrontational mediation volunteers that can help you resolve problems. The Rangers help to preserve the safety, welfare, and quality of experience of our community. Rangers patrol the event 24 hours a day. When you arrive at Black Rock City, introduce your children to a Ranger. Help them become familiar with what Rangers look like (khaki shirts, khaki utility kilts or shorts, ID badge). Make sure they know Rangers are their friends, they can feel safe and comfortable with a Ranger, and they should seek out a Ranger if they're lost. The Black Rock Ranger Headquarters is located on the Esplanade near Center Camp. Rangers can be located at Ranger HQ in Center Camp and the Ranger Outposts at the behind the 3:00 and 9:00 plazas on C street.

### EMERGENCY MEDICAL SERVICES

As a member of a community built on self-reliance, you are responsible for your own basic first aid needs. However, if you or your children require medical assistance, do not hesitate to contact an Emergency Services Department volunteer or a Black Rock Ranger, or visit the medical clinic or a medical station. Trained emergency medical personnel are on duty 24 hours a day and emergency evacuation is available. Medical stations at the 3 & C and 9 & C plazas. We also have smaller satellite stations at the 4:30 & H and 7:30 & H plazas, and another out near the Temple. ESD and the Rampart Urgent Care Clinic are now co-located at the existing 5:15 and Esplanade site. Look for the large red crosses on all six of these medical aid stations.

### BMIR 94.5 FM AND EMERGENCY BROADCAST INFORMATION

Burning Man Information Radio (BMIR) is at 94.5 FM, broadcasting critical travel, emergency, and general information, 24 hours a day. In case of emergency, tune into 94.5 FM. If a child is reported lost, bulletins will be broadcast on BMIR.