

How to Mutant Fest

**An introductory
mini-zine guide**

HELLO! AND WELCOME TO

THE

Autonomous

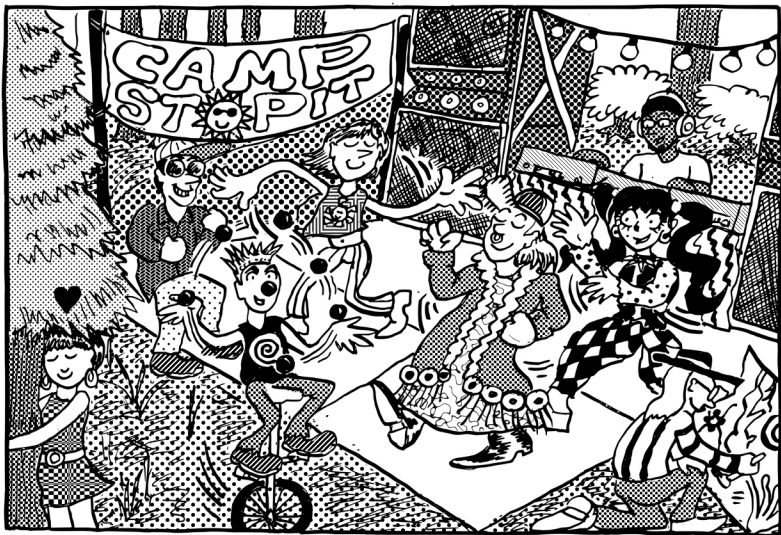
Mutant

Festival

CASCADIA'S LONGEST RUNNING
FREE MUSIC AND ART FESTIVAL

WHAT IS AMF?

The Autonomous Mutant Festival (AMF or Mutant Fest, for short) is an annual free gathering for art, music, culture, DIY technologies, and a harmonious relationship with nature.

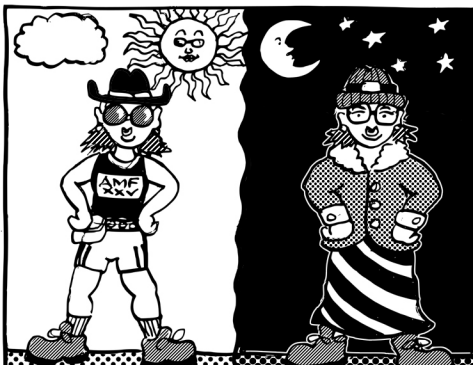


AMF is open to all soundsystems, DJ's, VJ's, musicians, performers, and artists who want to participate.

THE MORE THE MERRIER!!

THINGS TO BRING FOR YOURSELF





Mutant Fest is a DIY festival, meaning you are responsible for bringing everything you need to survive in comfort and style for the entire time you're here. Here's some personal items we recommend you bring for yourself.



CLOTHES FOR HOT WEATHER


CLOTHES FOR COLD WEATHER

Health & Hygiene

- mosquito repellent & sunblock (Reef safe sunblock is highly recommended) 
- toiletries, oral care, sanitary wipes, toilet paper 
- your meds, epipens, allergy medication 
- PPE, facemasks, hand sanitiser 

Camping Setup:

Bring your tent, rain tarp, sleeping gear, camp seating, shade material, and lighting. Flashlights and headlamps are critical for the night time.



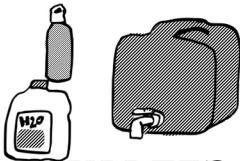
THINGS TO BRING FOR YOUR CAMP

Mutant Fest has no central infrastructure, so it's on you and your fellow campers to bring everything that you need to live comfortably in the woods for the whole time you're here. This means being able to feed yourself, take care of yourself, and keep your site clean and functional.



FOOD

Bring enough food to survive on and to share. Do not plan on being fed.



WATER

Bring enough potable water to have at least a gallon per day, per person.

FIRE SAFETY

EVERY vehicle coming to Mutant Fest should have the following items for fire safety:



Fire Extinguisher



5 gallon bucket of water



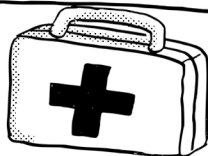
shovel



CAMP KITCHEN



Bring dishes, silverware, cookpots, stove, fuel, and coolers/food storage bins.



FIRST AID

Every campsite should have their own first aid kit.

TRASH

Bring enough bags to take care of your trash and recyclables. You are responsible for taking care of your garbage



OTHER USEFUL THINGS TO HAVE ON HAND:

fix-a-flat	extra tarps
spare tire	washing tubs
tire jack	spare butane
extra oil/coolant	rag
jumper cables	tools
duct tape	water jugs

YOU CAN PARTICIPATE

Are you a musician or DJ? Bring your gear!! Love to perform? Come perform!! Got some knowledge you can share? Come teach it!! Make art? Bring your art!! Mutant Fest is what we make it, and creative passions from festival participants is what makes this fest so special.



If creative or performative skills are not your thing, there are plenty of other ways to help out around the festival!

There's always a way to chip in!

Other ways you can help out:

- Help set up other camps and sound systems
- Help with car and generator maintenance
- Pick up trash
- Go on supply runs/ run trash into town
- Dish washing
- Food preparation
- Help clean and pack up

If you're unsure what you can do? Ask a mutant!!



Got some medical and first aid knowledge? The Mutant Heart/Med Tent is always looking for volunteers!

USEFUL SUPPLIES TO HAVE ON HAND

With so many ways to creatively participate at Mutant Fest, it's good to come prepared for whatever creative things happen. Sharing is caring and bringing extra supplies to contribute to the overall vibes of the festival are always greatly appreciated!

AUDIO EQUIPMENT



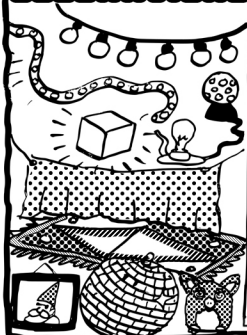
- Acoustic Instruments
- Percussion
- Microphones
- DJ Equipment
- Audio Mixers
- Audio Cables
- Power Cables
- Computers
- Audio Recording Devices
- Electronic Musical Equipment
- Headphones

Clothing & Accessories



- Clothing
- Costumes
- Wigs
- Makeup
- Jewelry
- Footwear
- Glasses
- Cloth
- Mirrors
- Makeup Brushes & Applicators
- Hats
- Scarves

DECORATIONS



- String Lights
- LED Lights
- Party Lights
- Solar Powered Lighting
- Tarps
- Projectors
- Curtains
- Rugs
- Carpets
- Fun Art
- Knick-knacks
- Dancefloor Accessories

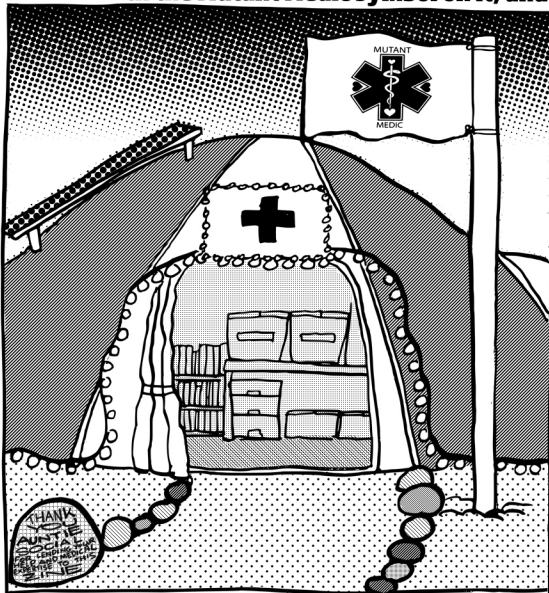
Art Supplies



- Screen Printing Materials
- Stuff To Make Signs
- Paper
- Cardboard
- Paint
- Brushes
- Extra Cloth
- Markers
- Collage Making Supplies
- Glue
- Tape
- Rhinestones

MED TENT

Med Tent is volunteer run community space located in the Mutant Heart Camp. Med tent is staffed by volunteer medics and provides emergency radios to all the main camps at AMF. Look for the flag with the Mutant Medic symbol on it, and you're there!



Med tent comes stocked with supplies, supplements, and medications for all sorts of medical situations. Here's some of what you can find:

Narcans, test strips, and 5HTP



Tea, Electrolyte mixes, Hot and cold water

Medical Dressing, bandages, and gauze



Contraceptives

EpiPens and Benadryl



Got some medical knowledge?
Med Tent would love to hear from you!

Got some medical supplies to donate?
Med Tent will gladly accept your donations.

MEDICAL EMERGENCY KNOW-HOW AT A.M.F.


**Being able to identify and help someone experiencing a medical emergency is always a good skill.
Here's some basic tips:**

1 SCENE SAFETY



IF YOU SEE SOMEONE ON THE GROUND, MAKE SURE IT'S SAFE TO APPROACH THEM. LOOK OUT FOR FALLEN OBJECTS, OR OTHER HAZARDS THAT MIGHT END UP HURTING YOU TOO.

2 SHAKE & SHOUT



TAP THE PERSON'S FEET OR SHOULDERS. LOUDLY ASK IF THEY'RE OK. TRY TO GET THEIR ATTENTION.

3 GET HELP



IF YOU ARE WITH OTHER PEOPLE, HAVE SOMEONE GO AND FIND THE NEAREST RADIO & CALL "MEDIC MEDIC MEDIC"

4 RECOVERY POSITION



IF THE PERSON IS UNRESPONSIVE, BUT BREATHING, PLACE THEM IN THE RECOVERY POSITION

**IF THE PERSON IS UNRESPONSIVE, AND NOT BREATHING, THEY NEED CPR!
PLEASE SEE THE "CPR BASICS" PAGE FOR WHAT TO DO ->**

**IF THE PERSON IS SHOWING SIGNS OF AN OVERDOSE, THEY NEED NARCAN!
PLEASE SEE THE "ADMINISTERING NARCAN" PAGE FOR WHAT TO DO ->**

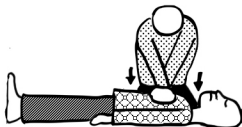
CPR BASICS

**KNOWING THE BASICS OF CPR COULD HELP SAVE A LIFE!
IT'S ALWAYS HELPFUL TO KNOW THE BASICS OF HOW TO PERFORM IT.
IF YOU COME ACROSS SOMEONE WHO IS UNCONSCIOUS AND NOT
BREATHING, CPR NEEDS TO BE ADMINISTERED UNTIL EMERGENCY
MEDICAL PERSONNEL CAN STEP IN AND HELP.**

BEFORE YOU START, MAKE SURE THAT MEDICAL HELP IS ON THE WAY BEFORE ADMINISTERING CPR!

**GIVE
30
CHEST
COMPRESSIONS**

AT A RATE OF 100-120
TIMES PER MINUTE
(THINK OF THE
RHYTHM TO SONGS
LIKE
'STAYIN' ALIVE'
'ANOTHER ONE BITES
THE DUST' OR 'WAP')

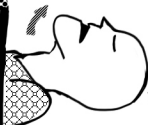


USING YOUR UPPER BODY,
PUSH STRAIGHT DOWN ON THE
PERSON'S CHEST, SO THAT IT
GOES DOWN BY AT LEAST TWO
INCHES WHEN YOU PRESS ON IT.



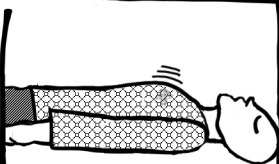
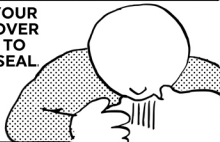
PLACE THE HEEL OF ONE
HAND ON THE CENTER OF
THE CHEST, PLACE THE HEEL
OF THE OTHER HAND ON
TOP. YOU'RE LOOKING TO BE
AROUND THE NIPPLE LINE ON
THE STERNUM.

**GIVE
2
DEEP
RESCUE
BREATHS
FOR EVERY
30 CHEST
COMPRESSIONS**



TILT THE PER-
SON'S HEAD BACK
AND LIFT THEIR
CHIN UP. THIS IS
IMPORTANT.

PLACE YOUR
MOUTH OVER
THEIRS TO
FORM A SEAL



BLOW AIR IN UNTIL YOU
SEE THE CHEST RISE, BUT
NO MORE. IF YOU DON'T
SEE THE CHEST RISE, YOU
MAY NEED TO TILT THEIR
HEAD BACK FURTHER.

REPEAT! CONTINUOUSLY REPEAT CYCLES OF 30 CHEST COMPRESSIONS AND TWO RESCUE BREATHS UNTIL:

- A) YOU CAN SWITCH OFF WITH SOMEONE, OR
- B) EMERGENCY HELP ARRIVES AND CAN TAKE OVER.

REMEMBER: CHEST COMPRESSIONS ARE THE MOST IMPORTANT PART OF CPR
BECAUSE IT KEEPS THE OXYGENATED BLOOD LEFT IN THE BODY TO THE BRAIN.

ADMINISTERING NARCAN

Administering Narcan can save someone's life from an opioid overdose. Knowing the basics of what to look for and when to use narcan will help prepare you in case you have to administer it. Here are some basics:

SIGNS OF OVERDOSE:

RECOGNIZING THE SIGNS OF OPIOID OVERDOSE CAN SAVE A LIFE. HERE ARE SOME THINGS TO LOOK FOR:

- Small, constricted "pin point pupils"
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin (especially in lips and nails)



1
LAY THE PERSON ON THEIR BACK.



2
PEEL BACK THE PACKAGE TO REMOVE THE NASAL SPRAY



3
HOLD THE NARCAN NASAL SPRAY WITH YOUR THUMB ON THE BOTTOM OF THE RED PLUNGER AND YOUR MIDDLE FINGERS ON EITHER SIDE OF THE NOZZLE.



4
GENTLY INSERT THE TIP OF THE NOZZLE INTO EITHER NOSTRIL.



5
TILT THE PERSON'S HEAD BACK AND PROVIDE SUPPORT UNDER THE NECK WITH YOUR HAND.



6
GENTLY INSERT THE TIP OF THE NOZZLE INTO ONE NOSTRIL, UNTIL YOUR FINGERS ON EITHER SIDE OF THE NOZZLE ARE AGAINST THE BOTTOM OF THE PERSON'S NOSE



7
PRESS THE RED PLUNGER FIRMLY TO ADMINISTER THE DOSE OF NARCAN.

AFTER ADMINISTERING

WATCH THE PERSON CLOSELY. IF THEY DO NOT RESPOND BY WAKING UP TO VOICE OR TOUCH, OR BEGIN BREATHING NORMALLY, ANOTHER DOSAGE MAY BE GIVEN.

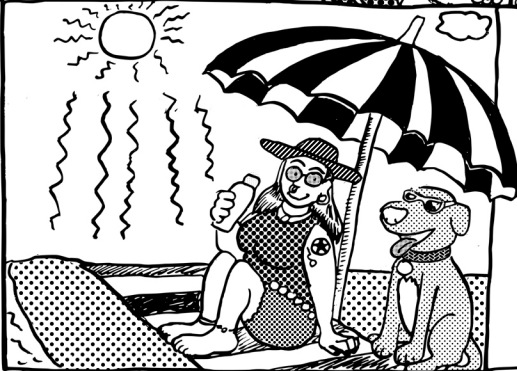
NARCAN CAN BE USED EVERY 2-3 MINUTES UNTIL THE PERSON RESPONDS OR EMERGENCY MEDICAL HELP ARRIVES.

PERSONAL CARE

You can't enjoy yourself or the festivities if you aren't taking good care of yourself! We are all different and have different tolerances for things like heat exposure, sun exposure, or lack of sleep. It's important to know your limits.

Be good to your body!

It can be easy to get caught up in the festivities and skip out on sleeping, drinking water, or eating food. Little things like coconut water, sports drinks, and snacks along with taking small breaks for rest can make a big difference in your Mutant Fest experience. Remember: A well rested and well fed mutant is a happy mutant!!



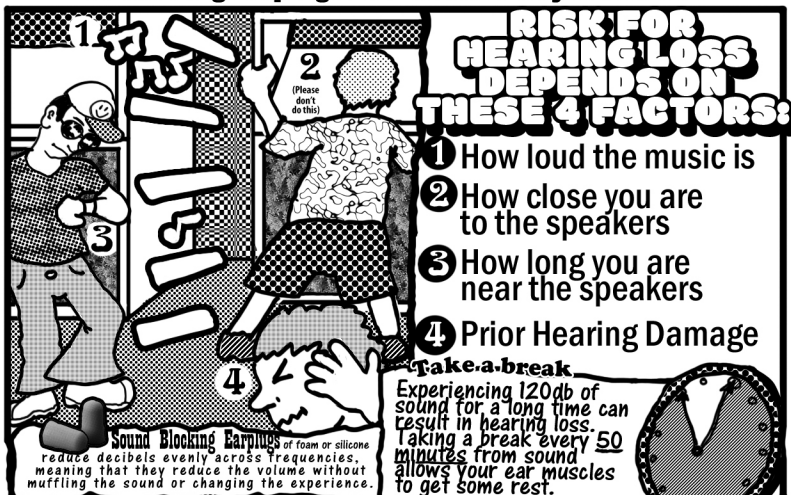
HANDLING THE ELEMENTS

Things can get pretty hot during the day time and it's important to take precautions to avoid heat exhaustion and sunburn. Avoid excess sun exposure by wearing garments that cover your skin, hats, wearing sunscreen and finding some shade when the sun is high.

PROTECT YOUR HEARING

Hearing damage is permanent!

Taking precautions to protect your hearing at parties and festivals can make a big difference in your quality of life. Even something as simple as knowing when to take breaks or wearing earplugs can be extremely beneficial.



RISK FOR HEARING LOSS DEPENDS ON THESE 4 FACTORS:

- 1 How loud the music is
- 2 How close you are to the speakers
- 3 How long you are near the speakers
- 4 Prior Hearing Damage

Take a break.
Experiencing 120db of sound for a long time can result in hearing loss. Taking a break every 50 minutes from sound allows your ear muscles to get some rest.

Sound Blocking Earplugs of foam or silicone reduce decibels evenly across frequencies, meaning that they reduce the volume without muffling the sound or changing the experience.

HOW TO USE FOAM EARPLUGS



With clean hands, roll the earplug until it is as thin as possible.



Quickly insert the tapered end all the way into your ear.



Hold it in place for at least 30 seconds until it fully expands.



Release the earplug. The end should be even with the opening of your ear canal.

BEING RESPECTFUL

MUTANT FEST IS A PLACE FOR PEOPLE OF ALL SORTS. ALL RACES, GENDERS, GENDER EXPRESSIONS, MENTAL AND PHYSICAL ABILITIES* ARE ACCEPTED CELEBRATED, AND SUPPORTED AT A.M.F.

*BE ADVISED: FESTIVAL LOCATIONS VARY AND CAN TAKE PLACE IN ROUGH TERRAIN.



BECAUSE IT'S AN AUTONOMOUS, DECENTRALIZED GATHERING, IT'S UP TO EACH AND EVERY PARTICIPANT AT A.M.F. TO HELP CREATE THE WELCOMING ENVIRONMENT THAT WE WANT IT TO BE.

THE AUTONOMOUS MUTANT FEST COMMUNITY DOES NOT TOLERATE ACTS/INTENSIONS OF VIOLENCE, BIGOTRY, OR HATE SPEECH INCLUDING EXPRESSIONS OF:

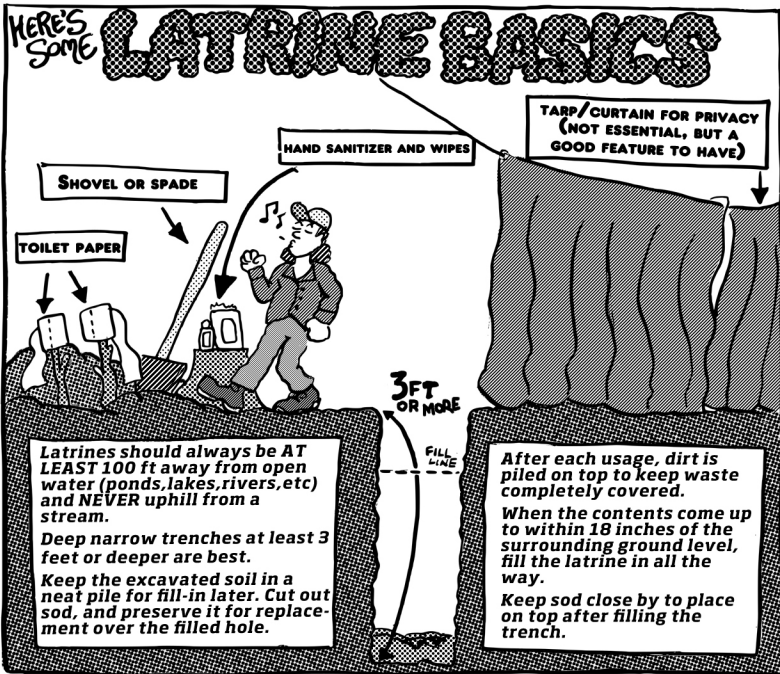
- ⊙ RACISM
- ⊙ SEXISM
- ⊙ HOMOPHOBIA
- ⊙ TRANSPHOBIA
- ⊙ ABLEISM ETC...

Mutant Fest participants are encouraged to resolve disagreements and conflict through non-violent means of de-escalation. However, if a participant cannot abide by the community standards or is making things unsafe for other participants, they may be asked to leave.

ANSWERING NATURE'S CALL

Mutant Fest does not provide porta potties. This would be too costly for a free festival to provide. AMF strives for autonomy on all levels and encouraging an awareness of our impact on the world. It's up to all camps involved to sort their shit out. The best and most efficient way to go about doing this in the woods is to dig and use a latrine.

NEVER TAKE A SHIT ON THE GROUND AND LEAVE IT!



FIRE SAFETY

Fire prevention at Mutant Fest is everyone's job, and as conditions that allow for forest fires to start and spread more easily become more and more commonplace, this role has become even more critical. If conditions allow for campfires, it's important that everyone knows the basic precautions for having and maintaining a campfire at their campsite.

Make sure your fire has a clear space of at least 10 FT in diameter that is free of any and all flammable debris. Never build a fire near overhanging branches or on a steep slope.

ALWAYS have someone on hand to keep an eye on your fire



10FT

California campsites require a state campfire permit to have a fire or camp stove/grill.



Keep enough water to extinguish your fire, and a shovel close at hand.



DON'T LEAVE YOUR CAMPFIRE UNTIL YOU COMPLETELY

PUT IT OUT!

DROWN



Extinguish all embers and completely wet the ashes.

STIR



Using a shovel, mix water with ashes and embers thoroughly.

FEEL

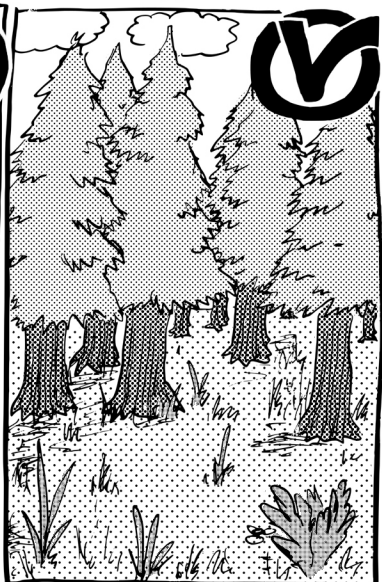
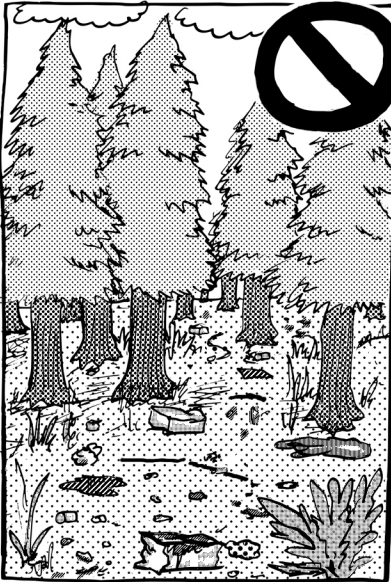


Feel the ashes with the back of your hand. If they're too hot to touch, it's too hot to leave.

TRASH & CLEAN-UP

Mutant Fest is a pack-in/pack-out event; meaning that everything you bring with you to the festival, you take with you, **ESPECIALLY YOUR GARBAGE!!** Attendees and campsites are responsible for leaving their site better than they found it.

AMF strives to leave no trace when the fest is over, and it's all our jobs to make that happen.



**DON'T BE A JERK!!
PICK UP YOUR TRASH!!**

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ZINE BY GRANT**