



SURVIVAL GUIDE

TL;DR

The more you engage, the more fun this will be. At a minimum, show up at [336 Isabel St](#) between 10 AM - 6 PM with a cup, plate, fork, onesie, contribution of a food item and a drink item, and a bag of ice. Everyone will welcome you to Day Onesie with open arms. Want to go the extra mile? Read on.

LOCATION

[336 Isabel Street, Los Angeles, CA 90065](https://www.google.com/maps/place/336+Isabel+Street,+Los+Angeles,+CA+90065)

It's a residential property in a residential neighborhood. Enter the backyard via the side gate. Welcome to Day Onesie.

HOURS

Gate opens at 10 AM.

Event ends at 10 PM.

CONTACT INFO

Joshua (Organizer)

410-340-9598

<https://www.facebook.com/mistermanifold>

Karina (Organizer)

<https://www.facebook.com/knvillegas>

HOW TO GET HERE

BUS

We are very close to the Figueroa / Amabel stop on the route 81 bus:

<https://goo.gl/maps/dFNe2kxrD1L2>

METRO

We are also close to the Heritage Square station on the **Metro Gold Line**:

<https://goo.gl/maps/jXAEKNhaW7v>

DRIVE SAFELY, DRIVE SOBER

We care about your pretty little head and want you to survive Day Onesie! If you're planning to drink, please use public transit, Lyft, Uber, or designate a sober driver to get you home safely.

If you've got a safe driving plan, read on for crucial parking info.

PARKING

Parking in the area can be tricky. Refer to the [parking map](#) for more information.

Red streets do not allow any parking. **Orange** streets only offer parking on one side of the street, and this is often fully occupied. **Yellow** streets offer parking on both sides of the street, but finding a space is often tricky. **Green** streets usually have available spaces. **Blue** streets often have many available spaces. All of the parking in the area is unmetered. **There is no parking at the event location.**

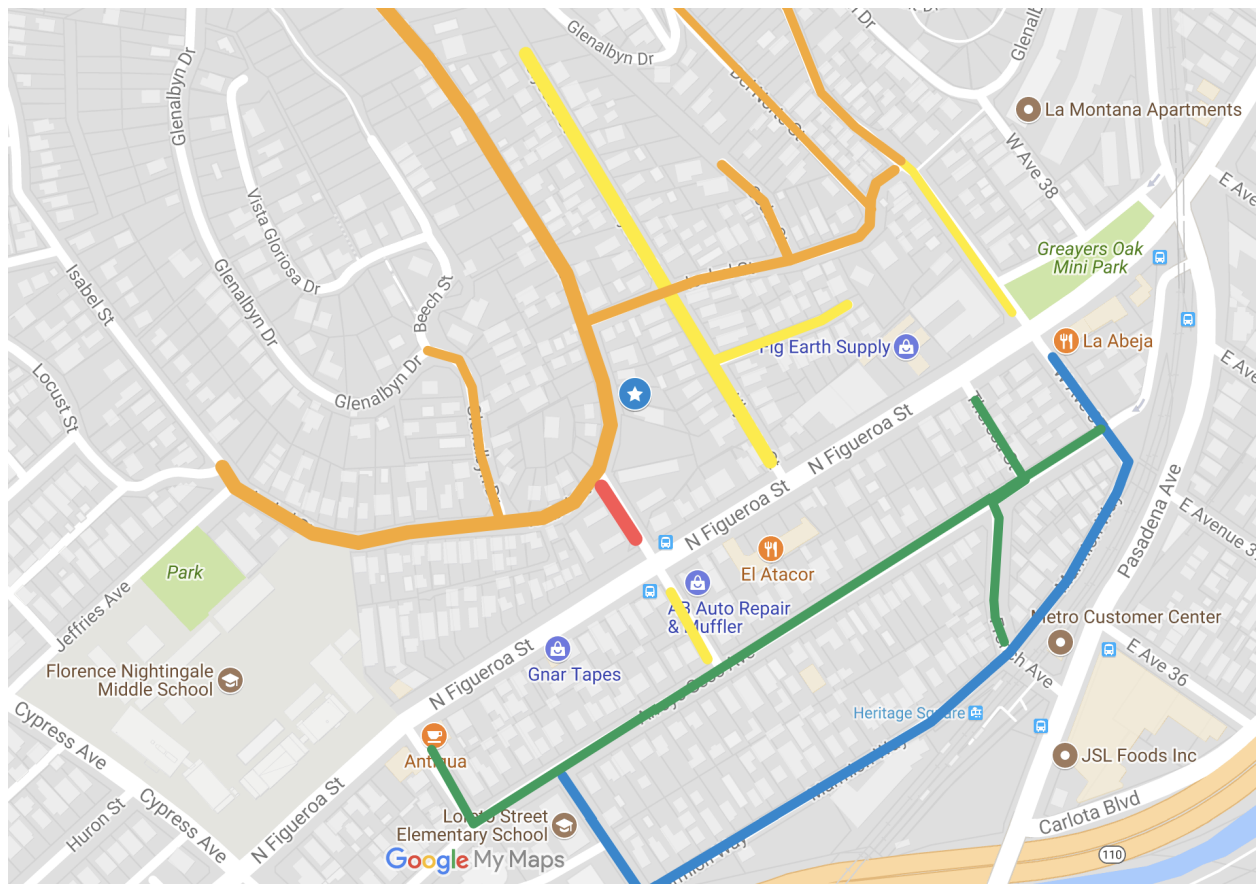
LOADING AND UNLOADING

If you are bringing equipment or gear that needs to be unloaded when you arrive and loaded when you leave, you can use the driveway at the event location.

Vehicles cannot remain parked in the driveway. After un/loading, you must move your vehicle to one of the designated parking areas. Refer to the [parking map](#).

[PARKING MAP](#)

Click on the image to view the interactive version in Google Maps.



WHAT TO BRING

Day Onesie is a DIY festival built on the principles of Self-Reliance, Communal Effort, and Participation. It is what you make it, and coming prepared makes it better.

The event is held in the backyard of a residential property. There is running water and a bathroom on-site. Besides the bathroom, the home on the property will not be accessible, so plan to be outside all day. This includes being prepared for sun exposure and temperature changes from morning, to afternoon, to night.

Disposable drinkware and partyware will not be provided. The bar will not be fully stocked, nor will food be provided. It is up to you to make this happen!

Essentials for Yourself

- A CUP (Without this, you cannot drink.)
- A PLATE & FORK (Without these, you cannot eat.)
- A ONESIE (Without this, well... What are you wearing?)

Essentials for Sharing

- ICE, ICE, ICE! (We need ice. We can never have too much ice. Bring ice.)
- FOLDING TABLES (We also need folding tables.)
- Firewood
- (Non-)alcoholic drinks and mixers for the bar
- A dish, serving utensil, and ingredient list for the potluck

Extras for Yourself

- Journal & writing tool
- T-shirt & sweater
- Camping chair
- Floor cushion
- Sunscreen
- Yoga mat
- Flow toys
- Blanket

Extras for Sharing (Big Ticket Items)

Do you have something TOTALLY DOPE you want to share with us that we haven't covered yet? Maybe it's a massage table, or a propane grill, or a sweet interactive light installation... and you MUST share it with us! Can you? Yes! Bring it.

PARTICIPATE!

FOOD

This whole event is a potluck, and the only food on-site is the food you bring, so bring a dish to share. Please prepare it yourself and use as many organic, fresh ingredients as possible. Bring a serving utensil for your dish.

Vegetarian dishes are encouraged, but not required. Bring the ingredient list for your dish on an index card so everyone can eat with informed consent!

There will be no disposable partyware! Please bring your own reusable plate and fork. We'll have a dishwashing station.

DRINKS

The bar is crowd-sourced, meaning it's only stocked with what you bring. This is an excellent opportunity to empty your liquor cabinet of those half-empty bottles of booze you just can't seem to finish, or impress us with your fancy taste in beer or wine by bringing what you like, and plenty to share. Non-alcoholic drinks and mixers are great contributions, too.

Oh, and ice. Ice, ice, baby! Please bring a bag of ice.

CONSENT

Day Onesie is an inclusive, consent-positive event. Harassment of any kind will not be tolerated. Consent materials from [Guardians of the Vibe](#) will be on-site to promote consent education, conscious bystanders, and a culture of respect.

If you are in an uncomfortable or suspicious situation, please ask a friend, greeter, or an organizer for help. If you see someone else in an uncomfortable or suspicious situation, please check in on them, get a friend and check in on them together, or ask a greeter or an organizer for help.

If we all step up and look out for each other, everyone will have a great time!

WORKSHOP INFO

SCHEDULE

| | |
|-------------------|--------------------------------|
| 10 AM | Gate Opens! |
| 11 AM - 12:30 PM | Aretéanism Convocation |
| 12:30 PM - 2 PM | Potluck |
| 2 PM - 3 PM | Movement Jam |
| 3:30 PM - 4:30 PM | Body Tracing & Energy Painting |
| 5 PM - 6 PM | Loving All of Yourselves |
| 6 PM - 10 PM | Night Vibes |

DESCRIPTIONS

Aretéanism Convocation

It's a little bit like "church" but without all of the dogma and unhealthy culture! It's a "religion for the nonreligious" or a "religion for the 21st Century"; a place to feel spiritual without needing to believe in gods. Be excellent to each other, and party on!

Movement Jam

Bring your self, flow toys, yoga mat, and anything that helps to get your body grooving. Stretch, spin, dance, hoop, fly, and play in this free-form movement jam. Music will be provided, and requests will be accepted, so bring your favorite movement playlist!

Body Tracing & Energy Painting

Partner up with a stranger. Gaze into their eyes to create a connected foundation. Trace their body to create an outline of their physical form. Then, using finger-paints and the outline as a canvas, paint the energy you sensed in their eyes. Get creative and have fun with it; the stranger may become a new friend!

Loving All of Yourselves

A sacred workshop on how to get to know, understand, and take in all aspects of your being, both shadow and light. Live more in alignment with your purpose, experience more in all moments of your day, and truly feel peace and unity with yourself and others. Now is the time to see yourself as the answer.

CONVERSATION IS COOL!



LOOK OUT FOR EACH OTHER!

If you see someone who looks like they are in an uncomfortable or suspicious situation,

SAY SOMETHING:

“Are you OK with this?”

“Do you know this person?”

“Do you feel safe?”

- If a situation seems like too much to handle, talk to staff or security.

