

!FESTIVAL BETA!

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FESTIVAL ESSENTIALS

1. Park at the remote lots and take the shuttle
2. Be prepared for tent camping in the low 20s and high winds!
3. Bring enough water for cooking and cleaning, there will be 500 gallons on site for refills, but not enough for all ~450 people for the whole week.
4. Human waste goes in the porta-potties at the parking lot
 - a. Use the groovers in emergencies (solid waste only)
5. Minimize Impact and Leaving No Trace
 - a. Avoid the cryptobiotic soil (black lumpy sand) -- it takes years to recover and is vital to the food chain
 - b. Leave the trees and 'dead' wood be. It's valuable habitat, very slow growing, and probably still alive
 - c. See LNT section for more info!
6. Safety First: leashes are required at all times on highlines AND Space Nets!
7. Share the lines and get in the queue by putting your harness on the anchors
8. Get Stoked and Get Involved -- Bring all your energy and something to share with the community. Tea, massages, buttons, or ad-hoc juggling lessons for example

PARKING & SHUTTLE

Shuttle Schedule

Sunday	3pm - 6pm
Monday	8am - Noon & 2pm - 8pm
Tuesday	8am - Noon & 2pm - 8pm
Wednesday	8am - Noon & 2pm - 8pm
Thursday	8am - Noon & 2pm - 8pm
Friday	8am - Noon & 2pm - 8pm
Saturday	8am - 1pm

Parking: Unless you have purchased a Van Life permit there will be no participant parking at the fruit bowl parking lot. Anyone found parked there without a permit will be found, asked to move, and possibly ticketed. Remote parking can be found a mile North and South of the fruit bowl access road turn off. See the map for details.

RIGGING & SAFETY

At this year's GGBY, all anchor points will be either old "Terry-style" wedge bolts or new glue-in eye bolts. Every anchor will use a Hang-Frame and a custom-designed crash pad to ensure that soft materials like rope and webbing will never touch the cliff edge in any way. If you are not a rigger but are curious to learn more, ask someone on the rigging team to explain the basic framework of the rigging at GGBY.

Rigs will be checked every day before lines open at 8 AM, and again around mid-day. A standardized rig-checking protocol will be employed. Lines close at 6 PM, unless we are night lining!

Standard Bolt Rigging Protocol

3-4 Point BFK to Hang-Frame

All tree wrap main anchors will be formed with a spanset, using a "bgebz" knot with an integrated weblock. Integrating the weblock will help us save steel connectors for other purposes, like connecting backup lines. All main anchors, even spansets, will be backed-up.

Webbing connections

All main lines will be connected using either sewn loops or weblocks. Backup lines will use either sewn loops or sleeved frost knots. Webbing connectors that stand any chance of vibrating loose (I'm looking at you, shackle pins) will be zip-tied closed after being tightened with a wrench.

Hang-Frames

Will be secured to the anchor using several ratchet straps to prevent any slippage either forwards or backwards. Each Hang-Frame will have a true SRENE (Strong, Redundant, Equalized, Non-Extending) master point incorporated into it.

Abrasion protection

The combination of the new Hang-Frames and customized crash pads will prevent all possibility of abrasion for both the main and backup line on almost every single rig. In the event that a crash pad doesn't completely cover the cliff edge, Sidewinder webbing sleeves will be used.

Buddy Checks!

Please familiarize yourself with a figure 8 knot to the point of insanity. Ensure your waist harness fits and is double backed. Become comfortable asking for buddy checks for yourself and for those around you. While it does not need to be something we enforce, we should as a team, be extremely aware of the individual level of awareness of each participant in the moment. Most accidents in the climbing / highlining world happen because of comfort and complacency to simple, seemingly-obvious issues like failure to complete a knot. Awareness, alive; lack of awareness, dead. Stay aware, stay alive.

SPACE NET

We are aiming to have 15 spacenets all interwoven this year into "Netropolis". Everyone should be tied in at all times on the net! Did you know having lots of different space net legs is NOT redundant? It is a liability! IF just 1 leg goes then the whole system will go limp and anyone not attached could fly off. Let's keep this slack art project fun and safe!

MEDICAL

Stay calm. Call for help. Remain with the patient.

GGBY will have 8 volunteer medics, including 2 supervisors. The team is made up of nurses, a doctor, WFRs and a chiropractor with various levels of experience and training in outdoor medicine and critical care.

From 9am-6pm, 2 medics and 1 supervising medic will be on radio at all times. During off hours, a supervising medic will carry a radio.

On call medics can be identified by reflective "MEDIC" armbands:

The Med tent is prominently located at the opening of the Fruit Bowl, and will have the "Red Cross" and "EMS" flags:

Last year we learned the majority of incidents that required our services were minor wounds. However, the medical team will have tools to respond to a variety of threats to life and limb, including:

- Backboard (spine injuries & loss of mobility)
- Automated External Defibrillator (Cardiac Arrest)
- Epi-pen(s) (Allergic Reaction)
- Narcan (Opioid reversal agent for overdose)
- Tourniquet (serious extremity bleeding)
- Satellite phone for rapid evacuation.

As a participant you may witness an event that becomes an emergency. If you find yourself in a situation that you are not 100% certain you can handle, do not hesitate to CALL FOR HELP!

Here are few helpful guidelines to follow if you encounter an emergency:

1. **Stay calm and take a deep breath.** It is normal to feel panicked or scared during an emergency. Tactical breathing is an effective practice for maintaining your cool:
2. **Take another deep breath!** Yup, it's that important.
3. **Assess the scene--is it safe?** Are you putting yourself in any danger? If there is any risk to yourself, hold back and get help. Saving two people is 100% more effort than saving one.
4. **If you find someone unresponsive,** first try to wake them up (try not to move their head, as there could be spinal injury), then see if they are breathing or have a pulse. To check for breathing, watch their chest for rise and fall, or feels for breath from the nose and mouth. Feel for a pulse between the throat and neck muscles:
If there is no pulse, begin chest compressions.
*Even if you are not CPR certified, any compressions are better than no compression.
5. **Call for help (YELL if you have to) and do not leave the patient unless absolutely necessary.**

Leave no Trace

Leave No Trace, Pack-In Pack-Out (100%) and **Zero Waste** are some of the most common programs for promoting sustainability and protecting our beautiful outdoors.

Unfortunately, these practices are nearly impossible to achieve because they require a communal awareness and simply put, humans create waste. When we camp and play outside, we leave footprints, urine spots, ashes and create trash ... not to mention where all our fancy gear come from. Even when we buy food from the grocery store chances are we are create a byproduct. Now to add insult to injury, due to limited resources and the remoteness of Moab most of the trash and many recyclable products that are "Properly Disposed" of will likely end up ONLY 10 miles North of the Fruit Bowl in the Klondike Landfill!

However, NOT ALL IS LOST, the traces we leave can range from long-term to short term and from negative to positive. The cool part about sustainability is we can choose how we would like to impact the areas around us. By educating ourselves, working as a community and giving an honest effort we could possibly even leave places better than we found them.

Below are some of ways we can work together to protect the Fruit Bowl and the surrounding DESERT. Do not be afraid to share this information or afraid to hold others to these standards. Keep in mind that sustainability practices are often strongly based on the environment in which we are currently occupying and can change dramatically from place to place.

Human Waste - Poop, Pee, and Gray Water

More details coming.

FIRE/FIREWOOD/TREE USAGE

DO NOT CUT, BREAK OFF, OR GATHER FIREWOOD

- Please use wood provided by GGBY
- Packing-In wood for yourself and friends is always a way to insure a warm night
- The average campfire can be one of our largest impacts
- Bigger isn't always better
- Using community fire pits saves wood and is a great way to make new friends

We all love and enjoy the classic campfire when we are spending time outside, it provides a cozziness to the camp, heat to keep us warm, a way to prepare food, and in some cases a sense of safety from the wilderness.

However, in the Moab DESERT trees, shrubs and other plant life struggle to survive with less 9 inches of rain a year and little to no soil . As a result of these extreme conditions many plants grow very slow. Please DO NOT sling hammocks or rig slacklines off the trees in the Fruit Bowl area. Also be sure to remove all string and cordage tied around trees because over time it can restrict growth and physically "Choke" or "Strangle" a tree.

"Mixed stands of Pinyon Pine and Utah Juniper cover millions of acres in the southwest. In Canyonlands, pinyon-juniper woodlands thrive on mesa tops like the Island in the Sky and the Orange Cliffs west of the Maze. As elevation decreases, trees become more scattered."

Pinyon pines have crooked trunks, reddish bark and are very slow growing. Trees 4 to 6 inches in diameter and 10 feet tall may be 80 to 100 years old. Their root systems are extensive and often mirror the size of the above ground tree.

The Utah juniper is the classic desert tree. Its twisting, often-dead branches seem to epitomize the struggle of life with little water. When moisture is scarce, a juniper will actually stop the flow of fluids to some outer branches so that the tree has a better chance for survival."

Cryptobiotic Soil -- Don't Bust the Crust

One of the coolest features in the Fruit Bowl area is the cryptobiotic soil (aka Biological Soil Crust). This black crust that forms on the sand holds in moisture and fixes nitrogen into the soil which helps the desert plants grow. Crypto grows incredibly slowly and is crucial to the ecosystem. According to the NPS it can take 7 years for a thin veneer of crust to return to damage patch of soil and over 50 years for a mature patch to strengthen.

Please do your best to avoid stepping, parking, and camping on crypto soil. Hop from rock to rock (it's fun!) and stay on established paths to help take care of the desert we love. Read more below.

Trash and Recycling after the festival

Drop off location information coming

NON ACCEPTABLE RECYCLING	ACCEPTABLE RECYCLING	Private Compost (GGBY STAFF)
#1 plastics (Clamshells)	Aluminum Cans	Food Scraps(No Meat/Oil)
#2 plastic (Frosted and Colored Containers)	Steel Cans	Coffee Grounds
#3-#7 plastics (Mainly Food Containers)	Corrugated Brown Cardboard	Coffee Filter
Plastic Film, Bags, and Wrappers	#1 Plastic Water Bottles	Tea Bags
Newspaper	#2 Plastic (Milk Jugs Only)	Egg shells
Mix Fiber, Wax or Painted Cardboard		Brown Paper Towels
Styrofoam		Brown Paper Napkins
Aerosol cans		
Glass		

REMINDER: All other residential and commercial waste goes to the 80 acre Klondike Landfill (Class 1 facility), less than 10 miles North of the Fruit Bowl, where it is BURIED!!

WHAT IS GGBY?

GGBY is an annual gathering of the international highline community over the canyons of Moab, Utah . GGBY, which stands for Gobble Gobble Bitches Yeah, takes place during Thanksgiving week each year and was conceived over a decade ago by a group of highliners who gathered informally to celebrate and have fun. The gathering has grown to include hundreds of participants and spectators and has received international recognition for the visually striking aesthetics of the canyons and the shenanigans. 2018 marks the 11th year of GGBY and the second year of official organization

GGBY Highline Gathering is first and foremost a community gathering with a mission of service. Slackline U.S., a 501(c)(3) non-profit that works to serve the US slackline community at the national level, is the official organizing body of GGBY and seeks to maintain an organic feel while helping maintain access for the community. Slackline US and local GGBY facilitators are working with local land managers and officials to keep an stewards to the Fruit Bowl Highline Area.

MISSION

Our mission is to facilitate adventurous experiences and meaningful connections with friends, our community, the environment, and ourselves through highlining, workshops and other flow activities.

values

- Empowering, supporting, and inspiring others
- Treating all individuals with respect, honesty, and integrity
- Stewardship in the protection and service of the planet

THANK YOU!

Thank you everyone for being a part of this beautiful gathering!

This guide is courtesy of Louie Wray, Zac Timmons, & Greg Fishell of the Northern Arizona Highline Gathering. If you find them, tell them thank you and ask to hug them!!!

- Photographer Credits
 - Flexibility with Caroline
 - Aerial Silks: @adammckibben
 - Headshot of Caroline: Ryan Sleiman - @ryanjayphotos
 - Highline Pranayama with Brooke
 - Headshot of Brooke: Claudia Cousinié
 - DNAce iMprovisation The`art W/ BIANCA & RJ
 - Headshot of Bianca: Anuja Shukla- @ohshewonders
 - Slackro
 - Headshot of Alexandra Reynaldo: Will Bodilus