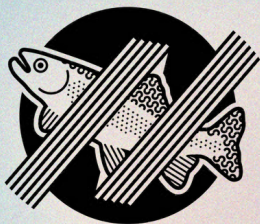


2023 FESTIVAL PROGRAM

AUGUST 18-20



OROSEAU: THE
RAPIDS PARK

GATE TIMES • MAP • IMPORTANT INFO • PACKING LIST •
GEAR HAULING • HARM REDUCTION & SAFER SPACES •
LINEUP + SET TIMES • ASL INTERPRETATION • FOOD VENDORS •
HOW BAZAAR • ARTS & ANIMATION • SPONSORS •

WWW.RAINBOWTROUTMUSICFESTIVAL.COM



GATE TIMES

FRIDAY, AUGUST 18

Opens at noon
Closes at midnight


SATURDAY, AUGUST 19

Opens at 8 a.m.
Closes at midnight

SUNDAY, AUGUST 20

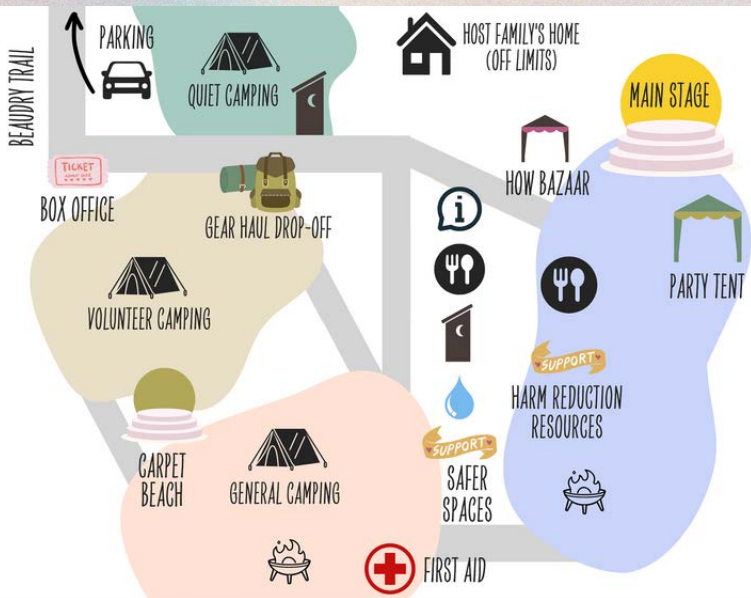
Opens at 8 a.m.
Closes at 4 p.m.

Attendees must be off-site by 5 p.m.



SITE MAP

If you need directions or have a question while on-site, our volunteers will be happy to assist you at the Info Tent.



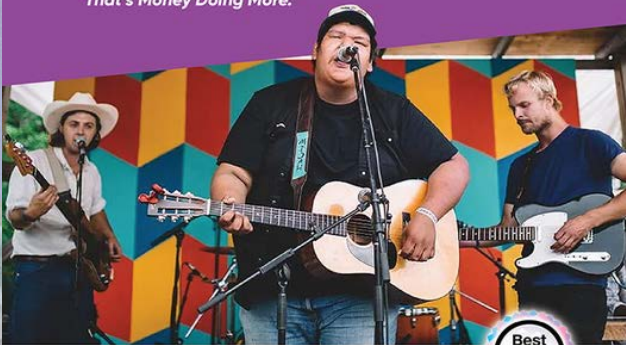
IMPORTANT KNOW-BEFORE-YOU-GO INFO

- While there is free drinking water available all day/night at the festival, we encourage you to bring a bottle or two to get yourself started.
- **There will be an ATM on-site from Friday to Sunday.** We recommend bringing backup cash in the event of a service outage.
- **No WIFI on site.** Please remember that there is no internet or service at the RTMF festival site or campground.
- **Gear Haul.** *Please refer to the Gear Haul page in this guide*.
- **Poison Ivy.** “No mow? Don’t go!”. There is poison ivy off the beaten paths of the fest site.
- **Quiet(er) camping.** Perfect if you need your full six to eight hours! There will be signage to find that area at the festival.
- **No pets.** As much as we love your furry friends, pets are not allowed on-site. The festival does allow service animals to accompany those who need assistance.
- You don’t have to go, but you can’t stay here. **Campers must be packed out from the festival grounds by 5 p.m. on Sunday.**
- **Lost and found.** Our Info Booth acts as the lost and found throughout the festival. After the festival, all unclaimed items will be taken to a central pickup location in Winnipeg. Items will be donated after two weeks.

Vibrant arts and culture in Manitoba is **music** **to our ears.**

As a proud sponsor of the **Rainbow Trout Music Festival**, ACU is committed to supporting our local arts community by providing opportunities for Manitobans to experience a diverse range of cultural and artistic expression.

That's Money Doing More.



Join us. 1.877.958.8588 | acu.ca

We've been recognized as a 2022 Best For The World™ B Corp for exceptional impact on its community, customers, and in governance.



Community



WHAT TO BRING / WHAT NOT TO BRING

Do bring...

- Water bottle
- Sunscreen
- Sunglasses
- Bug spray
- Camping gear
- Clothes for warm/
cold/wet weather
- Hat
- Backup cash for vendors
- Anything else you may
need to be healthy,
comfortable and to have
a good time!

Do NOT bring...


- Glass
 - Pets
 - Fireworks or firewood
 - Drums (djembes, etc.)
 - Trumpets/horns
 - Bad vibes
- 



PHOTO BY MICHELLE PANTING

GEAR HAULING

Gear hauling is a free service offered by RTMF to ease the walk in to the site. Please be considerate of all festival goers by using this service responsibly.

Follow the tips on the next page to make the gear hauling experience as effective and efficient as possible.

GEAR HAULING

Do...

- Pack efficiently and compactly. Make sure your stuff is contained in bags or strapped together. And label your items!
- Carry as much as you can. Backpacks, duffel bags, and anything with handles and/or wheels should be taken with you. Save the gear hauling van for heavy and awkward items, such as coolers.
- Be proactive and bring your tent. Chances are you'll be waiting for your stuff to arrive at the drop-off site, so bring your tent with you to set up while you wait.
- Wait to load the gear-hauling van yourself. If you want the van to take it, you have to put it in yourself. And yes, that means waiting for it to return if need be.
- Consider bringing a camping wagon or dolly.
- Be patient. Our volunteer team works hard to offer this service. At peak times, such as Friday evening and Sunday afternoon, please be aware that gear hauling will inevitably see delays.

Don't...

- Bring a collection of loose items. Pillows, floaties, water bottles, blankets, etc. should be in bags, bundled, or carried by you.
- Dump your gear on the volunteers. If you're not there to pack your stuff into the van, chances are that it'll be a while before you see it.
- Walk into the festival site empty-handed. If you can carry it, don't put it in the van.

THE MORE YOU SHARE THE MORE YOU HAVE



A

WE SHARE CARS



pegcitycarcoop.ca

Head to our site to sign up and learn more!



**PEG
CITY**
CAR CO-OP

HARM REDUCTION & SAFER SPACES

ANTI-OPPRESSIVE SAFER SPACE

- 24 hrs. Friday at noon to Sunday at noon
- Location: House by First Aid

Services and Resources:

- A space to connect, build community, and find support
- Crisis support
- Referral services
- A space to report or debrief anything witnessed or experienced at the festival that is not in line with the RTMF safer spaces policy
- Menstrual and hygiene supplies
- Safer sex and harm reduction supplies
- Masks
- Zines
- Community art project

Operated by...

Red Tent: Based in Winnipeg, MB, Red Tent is an organization that provides education and creates awareness focused on anti-oppression, anti-racism, and creating safer spaces in our communities.

We do this by providing consultation and training for organizations. We also partner with festivals, venues and events to create anti-oppressive safer spaces.

Continued on next page...

HARM REDUCTION & SAFER SPACES

SUBSTANCE CHECKING AND HARM REDUCTION RESOURCES

- **Friday 4 to 8 p.m. | Saturday noon to 8 p.m. | Sunday 8 a.m. to noon**
- **Location: In the back field across from Main Stage + RV by First Aid**

Services and Resources:

- Drug testing (FTIR spectrometer)
- Drug testing strips for Fent & Benzos
- HIV self test kits
- Safer drug use supplies
- Sharps disposal

Operated by...

- **Mobile Overdose Prevention Site (MOPS)** | Sunshine House, Inc. (sunshinehousewpg.org)
- **Project Safe Audience (PSA):** Project Safe Audience provides peer-based harm reduction services and training to members of our community who want to engage in safer sexual health and substance use practices and behaviours.

Continued on next page...

HARM REDUCTION & SAFER SPACES

CHILL ZONE

- **Friday to Saturday from 8 p.m. to 8 a.m.**
- **Saturday to Sunday from 8 p.m. to 8 a.m.**
- **Location: In the back field across from Main Stage**

Services and Resources:

- A soft place to land for folks exploring consciousness-expansion, and those looking for some quiet and rest away from the chaos. Our team, led by experienced psychedelic psychotherapist Kate Bloy, will be on hand to lend support in the areas of preparation, integration, and self-regulation — coping strategies that can help to transform unusual, even challenging, psychedelic experiences into extraordinary ones.
- Stop by from 8 p.m. to 8 a.m. on both Friday + Saturday for some extra support, a cup of hot, small-batch handcrafted tea, or a cold bubbly prebiotic brew, in community.

Operated by...

- **Psychedelic Harm Reduction Services — Sponsored by Morel Support**

RAINBOW TROUT

SLASH NEED
GHOST ZOO
TWIN SUNGLASERS
THE SUNSHINE BUNCH
SMOKE TIGER MOOKI
FOLD PAPER COOKIE DELICIOUS
TAYLOR JACKSON TINGE
HAY CANTOR DUST BARKER
WITCHY CEC WOODS LOPEZ
MUTABLE BODY STELLAR
KAPITAIN BUSY SOFTSWITCH
KARINA LAMME
SAM GARDNER
MEMORY POND
BODY OF INTRIGUE
VIVANON

100
LIQUOR MART
SERVING MANITOBA SINCE 1923

LITTLE
BROWN JUD

manitoba music

PEG CITY
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RAINBOWTROUTMUSICFESTIVAL.COM

ACU

AUGUST 18-20
2023

FRIDAY MAIN STAGE

7:00 p.m. DHID
8:00 p.m. Fold Paper
9:15 p.m. Crime Cellar
10:30 p.m. Ghost Twin
11:45 p.m. Zoon

SATURDAY MAIN STAGE

*tweener stage

12:30 p.m. Bush Lotus
1:35 p.m. Cookie Delicious
2:40 p.m. Softswitch
6:00 p.m. HAM
*Karina Lawe
7:00 p.m. Tinge
*Cec Lopez
8:10 p.m. Lev Snowe
*witchy woods
9:15 p.m. Mooki
*Alex & Co.
10:30 p.m. Sunglaciers
*Mutable Body
11:45 p.m. Slash Need

SUNDAY MAIN STAGE

11:00 a.m. STELLAR
12:00 p.m. Sam Gardner
1:10 p.m. Taylor Jackson
2:15 p.m. Ila Barker

PARTY TENT

1:00 a.m. The Kaptain

CARPET BEACH

1:00 a.m. Memorypond

PARTY TENT

11:00 a.m. Drag Brunch
with The
Sunshine Bunch
1:00 a.m. Viva Non

CARPET BEACH

11:00 a.m. Body of
Intrigue
3:45 p.m. Open Mic hosted
by Smoky Tiger
1:00 a.m. Cantor Dust

ASL INTERPRETATION

Thank you to ECCOE for providing ASL interpretation at this year's festival. ASL interpretation will be available for the performances below. For more info about ECCOE, visit www.eccoe.ca

SATURDAY

12:30 p.m. to 3:20 p.m. &
6 p.m. to 11 p.m. (8 hours)

12:30 p.m.	Bush Lotus
1:35 p.m.	Cookie Delicious
2:40 p.m.	Softswitch
6:05 p.m.	HAM
7:05 p.m.	Tinge
8:10 p.m.	Lev Snowe
9:15 p.m.	Mooki
10:30 p.m.	Sunglaciers

SUNDAY

11 a.m. to 3 p.m. (4 hours)

11:00 a.m.	STELLAR
12:05 p.m.	Sam Gardner
1:10 p.m.	Taylor Jackson
2:15 p.m.	Ila Barker

FOOD VENDORS

Note: All food vendors are **CASH ONLY**. There will be an ATM on site, but it's never a bad idea to bring backup cash.

Roy G Biv. The house grill features smokies from The Dogs Run Farm (small farm near Clearwater, Manitoba). Many veggie and gluten-free options. We got sides for days! *Open for lunch and dinner Friday through Sunday.*

Donna's Mobile Comfort Food. A returning favourite! Smash burgers, breakfast poutine and other hand-crafted fare. *Open breakfast, lunch and dinner.*

Bao House. New this year! A selection of mouth-watering steamed buns and more. *Available for lunch and dinner each day.*

PERK Mobile Coffee Bar. Here to quell your caffeine cravings on *Saturday and Sunday a.m.*

💧 **Reminder:** As usual, will we have free drinking water on site. However, we encourage festival goers to bring a bottle/jug or two of water to start off with.

ARTS & ANIMATION



FRIDAY

2-8pm ROSEAU RIVER REPAIR

SATURDAY

11AM FROG AND TOAD NATURE WALK

11AM-3PM PICK A FISH, PAINT A FISH

1-3PM CRIBBAGE TOURNAMENT

130PM HULA HOOP WORKSHOP

12-3PM ROSEAU RIVER REPAIR

5-7PM ROSEAU RIVER REPAIR

SUNDAY

12PM POETRY WORKSHOP

ALL WORKSHOPS TAKE PLACE AT THE STAGE AREA
BEHIND THE SHADE TENT.

 MARKS THE SPOT

FOR SALE AT THE INFO BOOTH
LIGHTERS, ICE, FREEZIES!

VISIT THE LOVE POST AT THE STAGE AREA
TO WRITE A LOVE LETTER





HOW BAZAAR VENDORS


How Bazaar is Rainbow Trout's outdoor market. It's located to the left of the Main Stage. All How Bazaar vendors are CASH ONLY.

Worn Thin Vintage — A destination for curated vintage clothing.

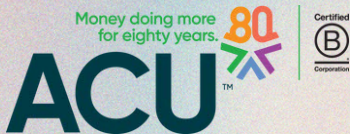
Bear Face General Store — A local collective of makers who create everything from stickers and notebooks to postcards and prints.

RTMF merch shop — Featuring new designs and legacy logo merch. We have t-shirts, long sleeves, tanks and hoodies. And so many colours!

Band merch shop — All artists performing at RTMF this year are welcome to sell their merch at this stall. Clothing, pins, stickers, etc.



THANK YOU TO OUR SPONSORS!



This project has been made possible in part by the Government of Canada. Ce projet a été rendu possible en partie grâce au gouvernement du Canada.



**KILTER
BREWING
COMPANY**

HAVE A FUN AND SAFE FESTIVAL!

#RTMF2023



PHOTO BY NATE FOREST