

# Cara Luft

## Accommodation & Hospitality Rider

Thank you for inviting Cara Luft & her band to perform for you! We are looking forward to being with you and working with you. We tour a lot, so sometimes it's the little details (hence this rider!) that make a big difference in our life on the road and putting our best foot forward every night. While we are flexible and accommodating (you'll see!) we ask that you provide and consider these requests to the best of your ability.

**We understand that sometimes not all of these things are possible for your event/venue and of course we will work with you. Thanks in advance for your consideration!** *\*\* If we're travelling with additional players or sound engineer, our advancing team will reach out and discuss any additional needs/requests.*

### **Merchandise**

Please provide a well lit table to sell CDs and any merchandise.

### **Water**

If you have a watering station where we can fill our own bottles, that is greatly appreciated! We aim to minimize our use of single use water bottles, but please have a few on hand for emergencies on stage as needed.

### **Other Beverages**

- Sparkling water
- An assortment of tea (herbal, Earl Grey, Chai) and coffee
- Hot water (kettle on hand, or something similar) and honey
- A few bottles of craft beer, even a wee bit of Scotch, is always appreciated if possible (we're not big or heavy drinkers!)

### **Dressing Rooms**

Please provide private, clean dressing rooms with a mirror, iron/board and outlet, if at all possible.

### **Food/meal**

Provision for a **healthy meal** for 2 persons (or more if contracted) in a dining area near dressing rooms (or in dressing rooms if suitable). This could be a buyout. If you're providing a meal buy-out instead, please let us know so we can plan our time accordingly (time to leave venue after sound check.)

### *Food sensitivities:*

- not too overloaded on dairy, wheat or sugar
- no fish or seafood
- no heavy chickpea, lentil or squash dishes (\*Cara)
- no raw onion or garlic (\*Cara)

### *If the above is not possible, please provide the following:*

- Vegetable and/or fruit tray
- Rice crackers, humous, goats cheese & dips
- Assorted Sandwiches (whole wheat bread if possible)

### **Accommodation Requirements**

- Sleeping for 2 persons (or more if contracted)
- 2 separate rooms
- Preferably quiet (ie not backing onto motorways)

We ask that you provide rooms at a quality hotel. Clean, comfortable rooms are greatly appreciated. Please inquire re exceptions, ie private homestays, dorms, camping, etc. Private is often acceptable so long as it is indeed a private space, separate rooms, in a non smoking environment and allergy free (see note below). No blow up mattresses or pull-out beds please.

**Cara has severe allergies to:** animals, feather bedding, musty bedding, cigarette smoke, new paint or dust from renos, mould, mildew, scented room sprays/plug ins and scented detergents (the main detergent culprits are Gain, Costco Kirkland brand, All and Cheer). Allergy-free and scent-free accommodation is greatly appreciated.

### **Rooming arrangements**

Cara Luft

Clayton Parsons

Please provide the artist with the hotel address, phone number and confirmation numbers at your earliest convenience.

### **Artist Contact**

Cara Luft 204-227-5671 [lovelyluft@gmail.com](mailto:lovelyluft@gmail.com)