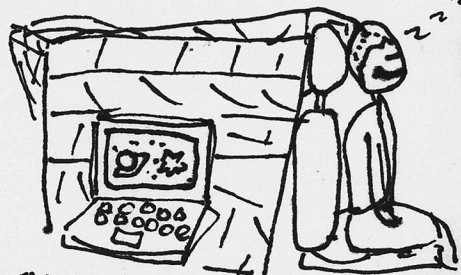


LONG LONG DRIVES CAN BE BOOOOORING...
 ONCE YOU GET OVER YOUR EXISTENTIAL THOUGHTS,
 AND ARE TIRED OF STARING OUT THE WINDOW,
 DAY DREAMING...
 YOU MIGHT NEED
 SOME IDEAS OF

THINGS TO DO IN THE VAN!



KNIT A
CUTE LITTLE
BABY HAT
FOR YOUR
FRIEND

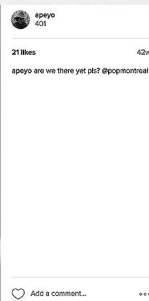
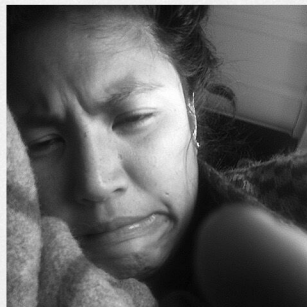


TAKE YOUR BLANKET AND
PROP IT UP ON THE
SEATS TO MAKE YOUR
OWN PERSONAL MOVIE
TENT.

READ SO MUCH!
NOVELS, COMICS,
MAGAZINES,
SO FUN,
SO EXCITING!



THROUGH CONSENSUS,
CHOOSE PODCASTS AND
BOOKS ON TAPE TO
LISTEN TO. IF YOUR
BANDMATES WIN 3-1 AND
LISTEN TO "SERIAL",
PUT YOUR HEADPHONES ON
AND WORK ON A NEW
BEAT WITH YOUR MIDI
KEYBOARD + LAPTOP.



info@dapsrecords.com

TOUR, WUSSUP?!



BY: APRIL ALIERMO

[HOODED FANG, PHÈDRE + TONKAPUMA]

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VEHICLE MAINTENANCE

THIS IS MORE IMPORTANT THAN LUNCH,
AND LUNCH IS EXTREMELY IMPORTANT!


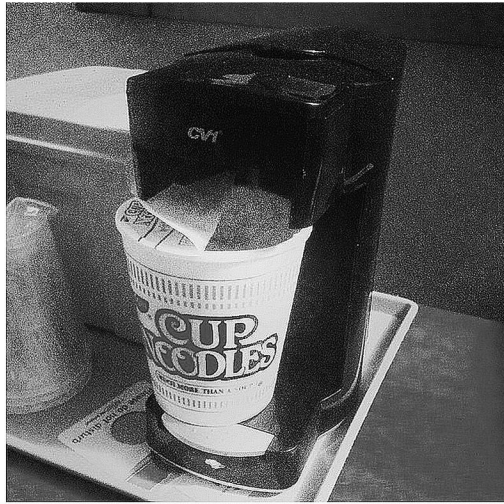


- ☒ REGULAR OIL CHANGES
(every 3000 - 5000 km, depending on vehicle)
- ☒ WINDSHIELD WASHER FLUID
- ☒ COOLANT / ANTI-FREEZE



SO GLAD WE HAD A CAA
MEMBERSHIP FOR WHEN WE RAN
OUT OF GAS... AND WHEN WE
GOT A FLAT TIRE... AND
WHEN OUR ENGINE STOPPED...

ROAD RAMEN - Affordable, easy + portable.
Throw spinach on top after cooked. MIAM!



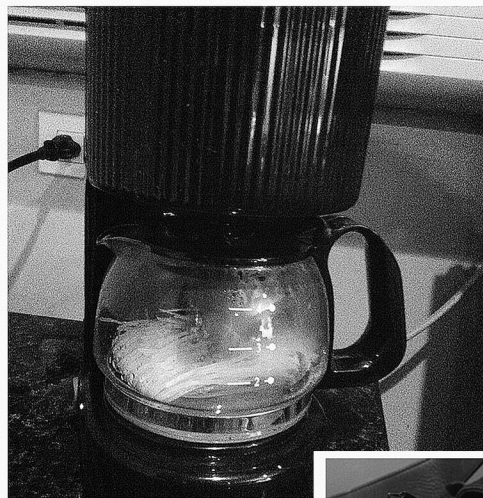
apeyo
El Paso, Texas

22 likes 16w

apeyo sad or awesome, i dont know
#hotelyfe

greg_bouchard	#awesome	X
massassauga	#Tourhack	X
romeocandido	Awesome	X
mr_milski	Sadly awesome	X

 Add a comment... 



21 likes 22w

apeyo instant noodles hotel style. (you need at least 2 water drip cycles before putting noodles in).

nrosecuevas This is great ahaha ✕

 apeyo

39 likes 22w

apeyo midnight snack #hotelyfe
adriandilena Badass

 Add a comment...



HOODED FANG									
DATE	CITY	VENUE	TRAVEL TIME	DEPARTURE	LOAD IN	SOUNDCHECK	DOORS	SHOW	ACCOMMODATIONS
SAT SEPT 07	BRUSSELS	CHARLATAN	1 HR	15:00:00	17:30:00	18:00:00	20:00:00	21:00:00	<i>Midi Business Lodge</i> Boulevard Maurice Lemonnier 137-143 Brussels, 1000 Belgium
SAT SEPT 07	GHEINT	Vasmarkt 6, 9000 Gent +32 9 224 24 57							<i>Motel 24H Köln</i> Europaallee 3, Cologne, 50226 Germany
SUN SEPT 08	COLOGNE	BLUE SHELL	3 HRS	13:00:00	17:00:00	17:30:00	20:00:00	22:00:00	<i>Danhostel Copenhagen Amager</i> Vejlands Allé 200 Copenhagen, 2300 Denmark
MON SEPT 09	DAY OFF - DRIVE TO COPENHAGEN	Luxemburger Str. 32, 50674 +49 163 6195138	8 HRS	12:00:00	17:00:00	17:30:00	20:00:00	22:00:00	<i>Food at 20:00</i>
TUES SEPT 10	COPENHAGEN	BETA		8:00:00	17:00:00	17:30:00	20:00:00	22:00:00	<i>Maia</i>
Øresundsvej 6, 2300 København Phone +45 32 86 08 80									

TOUR MANAGE YOURSELF

MAKING AN ORGANIZED SPREADSHEET WELL BEFORE YOURTOUR WILL BE SO HELPFUL!

WHEN YOU CALCULATE HOW LONG IT WILL TAKE YOU TO GET SOMEWHERE, ADD 30-60 MINUTES TO YOUR TRAVEL TIME AND SET DEPARTURE TIMES A BIT EARLIER THAN WHEN YOU THINK YOU NEED TO GO. DON'T TELL YOUR BAND-MATES AND STICK TO THE TIMES VERY STRICTLY THEN YOU WILL ALWAYS GET TO SOUNDCHECK ON TIME!

PRINT OUT A COPY FOR EACH BAND MEMBER, AND KEEP 2 EXTRA COPIES IN A BINDER THAT STAYS IN THE VAN.

WHEN SOMEONE ASKS YOU WHAT TIME YOU NEED TO BE SOMEWHERE OR WHERE YOU ARE SLEEPING THAT NIGHT. TELL THEM TO LEAVE YOU ALONE AND TO LOOK AT THE TOUR SHEET.

3

SUBBACULTCHA!

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A WORD OF ADVICE | PHÈDRE

Monday 16 September 2013 at 1:22 pm



By the looks of their videos, Montreal glam-pop weirdos Phèdre know a thing or two about that dreary state the morning after. Here are 5 anti-hangover tips to stay fresh.


Five Anti-Hangover Tips from Phèdre's April Aliermo

- TO BEGIN WITH, TRY YOUR BEST TO AVOID A HANGOVER!! THEY ARE THE WORST! As I get older, my hangovers make me feel more and more dead inside.
- Before bed, chug so much water down that it feels like you want to vomit. If you don't feel sick from drinking water, you haven't had enough. Water, so magical.
- Take a multivitamin and some kind of ibuprofen before bed. Replenishing your body of depleted nutrients helps make your morning hangover less bad. (Yes, unfortunately, you've had so much fun in your night that you will pay for it in the morning somehow.)
- I try to stay awake for as long as possible. It seems the more drunk I am when I go to sleep, the worse my hangover is the next day. Late-night cooking helps me stay awake. It also feeds my horrible drunk cravings. If you're lucky, you have someone to snuggle up to - POW CHICKA WOW WOWWWW!
- Remember to keep water by your bed: your hungover self will thank your drunk self in the morning. If you want to make your hungover self really happy, have some coconut water or a sports drink by your bed. Hungover self will be so surprised and impressed that drunk self managed to think ahead of time. You will think that you are so smart, but who are you kidding? You put yourself in this terrible position. The crazy thing is, even though you say, 'I'm done with drinking, I'm never doing this again,' you're really just lying to yourself.


Montreal glam-pop duo Phèdre are at De Nieuwe Anita with Aaron Coyes' Peaking Lights Sound System on 27 September. You can also catch the duo at Incubate on 17 September and as Hooded Fang at Paradiso, Amsterdam on 18 September.

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Free entry to all our concerts and events



Subbacultcha! Events

UP NEXT



25 JUL 2015
FESTIVAL: ROCK ZERKEGEM
25 July - Schooiweg, Zerkegem
15:00 | €10 | Free for members

ALL UPCOMING EVENTS

EXPO: SI TU VEUX VOIR LE MONDE, FERME TES YEUX: PART 2
26 April—28 June - Argos, Brussels
Wed-Sun 11.00-18.00 | €5 | Free for members

EXPO: LES TEMPS INACHEVES
26 April—28 June - Argos, Brussels
Wed-Sun 11.00-18.00 | €5 | Free for members

12

Eating, Food, Snacks 🍏

AFFORDABLE, HEALTHY, YUMMY, YA!

APPLES ARE FINE BUT BANANAS ARE SO EASY. SO SAD WHEN THEY ROT AND GET SMOOSHED.

HEY, I'M AWESOME!

SO MANY SNACKS CAN SAVE MY DAY:

BOX OF GRANDOLA BAR A DAY KEEPS BREAKFAST AND EMERGENCY HUNGER AWAY.

TRAIL MIX?! IT'S NOT THE WORST.

CORN CHIPS AND SALSA?! NOW WE'RE TALKING.

CLEMENTINES AND TANGERINES ARE SO JUICY AND SATISFYING, IT'S TRUE.

WRAPS + HUMMUS OR PESTO + CHEESE*
+ YOUR FAVE VEGGIES = LUNCH FOR THE WHOLE BAND!

*VERY LUXURIOUS BUT I CAN'T HELP IT.

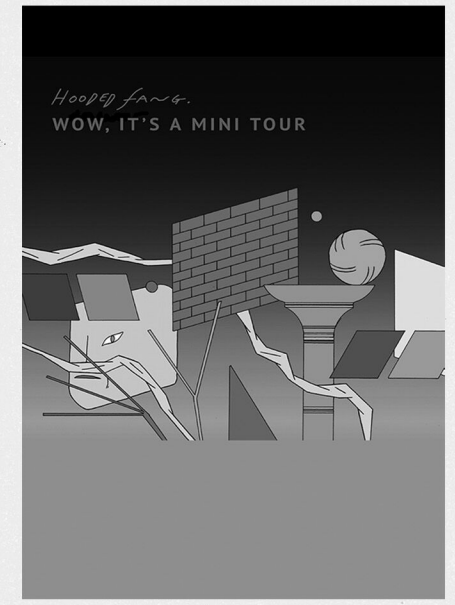
FRIED CHICKEN FROM SOUTH
FISH TACO FROM LA
DIM SUM FROM VICTORIA
GOULASH IN A BREAD BOWL FROM POLAND
SUSHI FROM VANCOUVER
POUTINE FROM MONTREAL

OH BUT SOMETIMES I JUST WANT A LITTLE BITE OF LOCAL CUISINE!

OTHER HELPFUL THINGS TO BRING FOR GOOD FEELINGS:

- VITAMIN C -PROBIOTICS
- ADVIL -TIGER BALM
- MULTI-VITAMINS
- LYMNE (IF YOU GET COLD SORES)

SHOW POSTERS FOR LYFE



CAN'T WAIT TO POST THIS ALL OVER SOCIAL MEDIA! I'LL ALSO SEND IT TO ALL THE PROMOTERS IN CASE THEY PUT IT UP THEN OTHER PEOPLE CAN SEE OUR WHOLE TOUR.

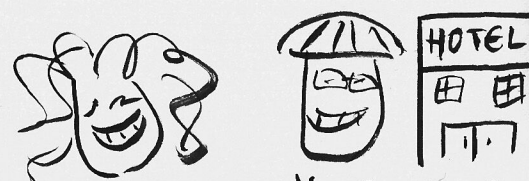
THIS POSTER MY COOL COMIC BOOK FRIEND PATRICK KYLE^{MADE} IS SO RAD! I PHOTOSHOPPED A BLANK SPACE SO THAT PROMOTERS CAN PUT THEIR OWN SHOW DETAILS IN... SPECIFIC DATES, LOCAL BANDS, VENUE, YOU KNOW.

WHERE TO SLEEP!



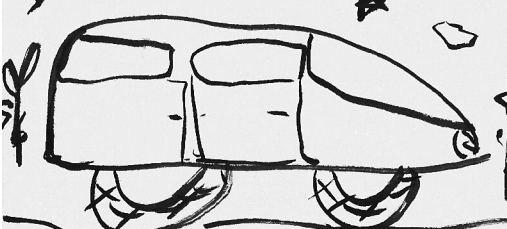
You all played such a really good set! Maybe we'll play together in our city! Thanks so much for letting us crash!

Yea! really nice to meet you!



www.priceline.com

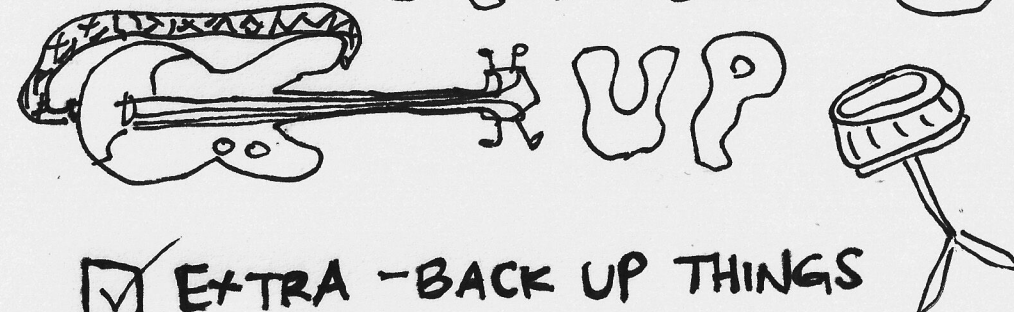
Yay we got another Express deal after our show! So cheap! I love comfy sleeps and its nice to have a hot shower. PLUS FREE BREAKFAST WHAT! Also great that its so close to the venue.



Good thing we have each other or the van would be so cold and lonely. Glad we found this random parking spot in the country, though WAL MART isn't the worst.

LIFE IS WAY EASIER WITH A THIN BLOW UP MAT THAT ROLLS UP. ME AND D. ALEX DANIEL HAVE A WOOLY BLANKET. SLEEPING BAGS JACKETS AND SWEATERS MAKE FINE PILLOWS.

GEARING UP



✓ EXTRA - BACK UP THINGS

- PICKS
- PATCH CORDS
- STICKS
- STRINGS - ETC.

✓ PROPER CASE

- DRIVING? FLYING? IF YOU ARE FLYING, REMEMBER TO LOOSEN STRINGS!

✓ SPECIFIC NEEDS

- NAIL CUTTER
- TINY SCREW DRIVERS
- DRUM KEY
- DUCT TAPE - ALWAYS HANDY
- SHARPIE

✓ INSTRUMENTS

*AMPS GOOD TO GO!

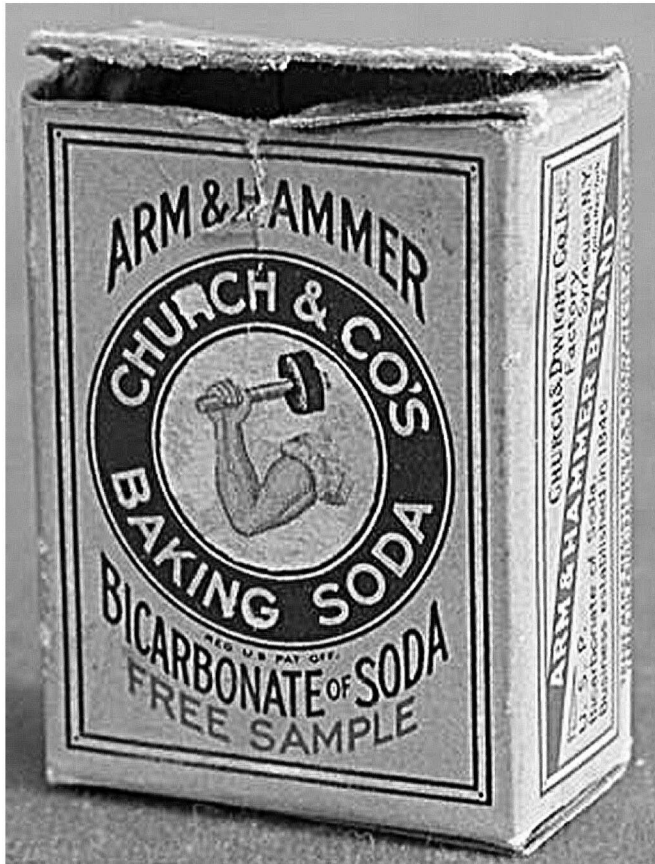
- SET-UP NEEDED?
- CYMBAL CRACK FIXED?
- BLOWN TUBE REPLACED? .

SO FRESH AND SO CLEAN

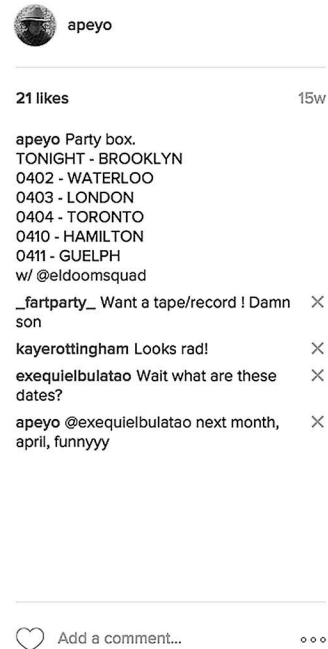
BAKING SODA IS THE BEST!

I stick it in my boots and make my bandmates stick it in their shoes, then our shoes and feet never stink. Boxes wear out so I transfer it all to a jar. Its also a great shampoo. Keeps the dundruff away.

SIDE NOTE: I keep a plastic bag for dirty clothes so its separate from the clean clothes in my backpack. We bring about a week's worth of clothes and do laundry wherever we can, about once a week and a half.



MERCH TABLE



SOME HELPFUL TIPS

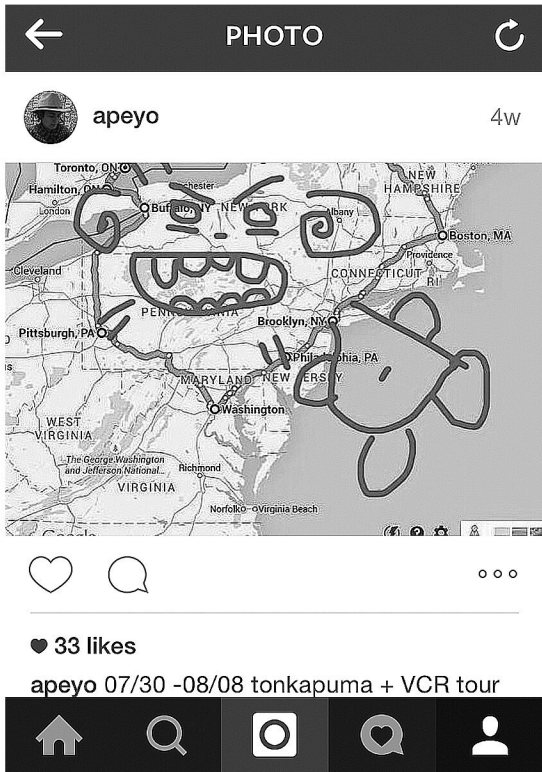
- sell what you would buy at a show
- keep track of your inventory in a binder
- keep your merch well-organized in a portable container that is easy to pack and will protect your merch
- figure out a box or envelope system to keep your float and income in
- always have pens and sharpies handy
- make sure you label your merch table with prices
- maybe you want to offer deals, why not?!
- remember to tell people about your merch at the show and on the internet

xo

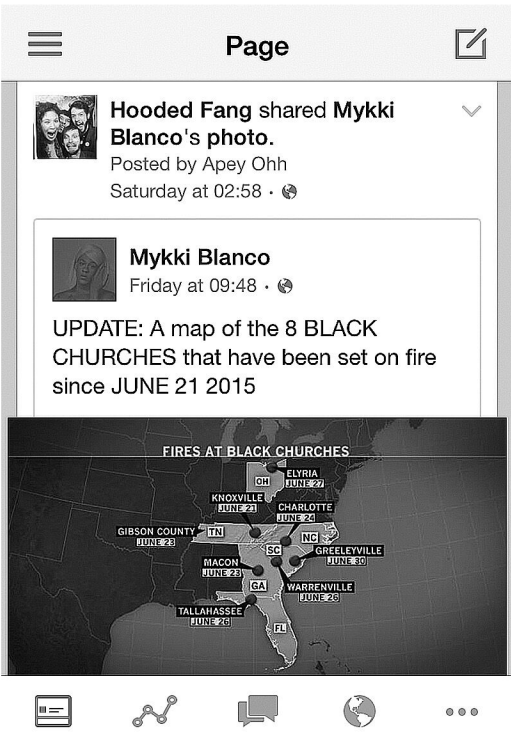
INSTA TWATTING

Social Media can for sure be annoying and brain frying but it is so useful in getting the word out on the street.

ON INSTAGRAM, you can promote your tours, take photos of pretty sights on the road and beautiful selfies of you and your millions of fans at your concert.

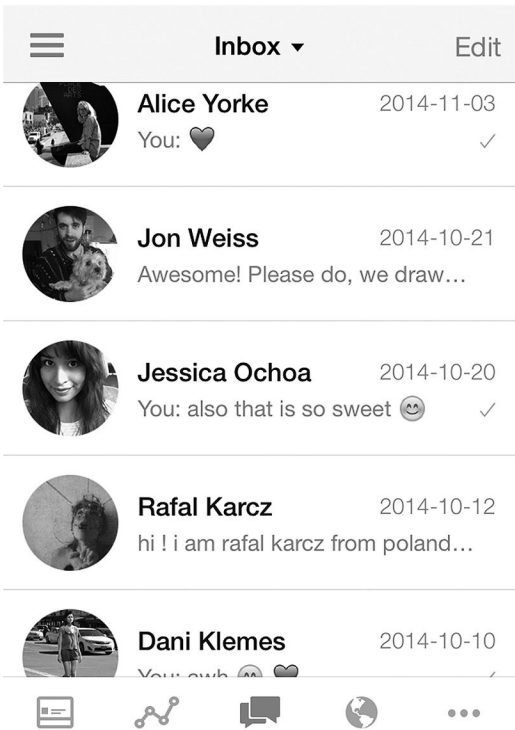


FACEBOOK PAGES are good for so many reasons you already know about. I think with all social media, its an excellent platform to share what you think is important.



TWITTER is great for letting everyone know where your next show is going to be. People also like to know what is happening in between your shows. Its cool because you can interact with other twatters as famous as yourself and with twatters who love your music.

When you are bored you can complain about it on Twitter and invite people to tell you jokes or give you dares.



FACEBOOK PAGES also take your interactions to the next level. Its a nice way to get fan mail but also, we have totally secured shows through promoters and other bands we like this way.