

Band Hospitality Rider

Swift Nation Tribute

1. General Requirements

- All food and beverages should be fresh, organic, and as healthy as possible.
- Items listed below should be provided in adequate quantities to accommodate the band and crew. Please ensure there is enough for the entire team (typically 5-7 people).
- If any of the listed items are unavailable, kindly provide suitable alternatives that meet the same health-conscious criteria.

2. Beverage Requirements

- **Healthy Soda Options:**
 - Poppi Probiotic Soda (variety of flavors)
 - Spindrift Sparkling Water
 - Mexican Coke (in glass bottles)
 - Sugar-Free Red Bull
 - Case(s) of Water (2 cases minimum)

3. Snack & Food Items

- **Salty Snacks:**
 - Organic Chips (assorted flavors)
 - Pretzels (regular or gluten-free if available)
 - Trail Mix (with a mix of nuts, dried fruits, and seeds)
 - Beef Sticks (preferably grass-fed and nitrate-free)

- **Fresh Produce:**
 - Organic Veggie Tray (with hummus or dip on the side)
 - Tangerines (or other easy-to-eat fresh fruit)
- **Sweet Treats:**
 - Dark Chocolate (preferably 70% cocoa or higher)
 - Cliff Bars (variety of flavors)
- **Protein & Cheese:**
 - Meat and Cheese Platter (with a variety of meats like turkey, chicken, or salami and assorted cheeses)

4. Meal Catering

** As for meal catering, we'll need two hot and healthy meals provided for each band member, one for lunch and one for dinner. Venues typically send us their menu in advance so we can place our food order. We prefer to arrive before load-in and soundcheck to have lunch, followed by the load-in. For dinner, we usually like to eat about two hours before the show. If that's not possible, we might opt to have our food ready after the show. Either way, please let us know what food options are available.