



#festivals

#publichealth5-19service



# FESTIVAL FACTSHEET

This factsheet will provide you with very helpful tips and links to websites on keeping safe at festivals.

## TOP TIPS ABOUT STAYING SAFE AT FESTIVALS:

**TIP 1:** Beware of dehydration – keep cool and drink plenty of water. Amount of alcohol = Amount of water!

**TIP 2:** If you are drinking alcohol try to avoid starting too early and having too much. Take breaks and remember to eat too. It's easy to get carried away and you don't want to miss your favourite band!

**TIP 3:** The safest thing to do is not take drugs at all, but if you do decide to take drugs there are some ways you can reduce the risks

**TIP 4:** Avoid mixing substances (including alcohol) – this can be really risky as it becomes harder to control the experience

**TIP 5:** Don't buy substances from people you don't know, as you have little idea of what you are getting – it is asking to get ripped off or worse

**TIP 5:** Remember that drug laws still apply at festivals and the police might be there. Security staff work closely with the police

**TIP 6:** Be cautious about how much of a substance you use – don't overdo it

**TIP 7:** Taking drugs in an unfamiliar or crowded place is risky as you could end up feeling stressed or lost – stay with people you trust and look after each other

**TIP 8:** Avoid smoking in tents to reduce the risk of accidental fires or burns

**TIP 9:** Remember; be careful around new psychoactive substances: they aren't legal and they may not be safe.

### Practical tips for festivals

- Pack appropriate clothing and footwear. Expect the unexpected, baby wipes, torch, ear plugs, carrier bags, sun cream and ponchos can become essentials
- Charge your phone before you go
- Keep friends close and arrange meeting points in case you get separated
- Make sure you know where your tent is, use landmarks to help you locate this and places like the medical centre
- Take care in the sun and apply sun cream regularly
- Using condoms can protect against unplanned pregnancies and STIs but be aware that oil-based products (such as sun cream/hand gel/wet wipes) can damage condoms and cause them to split

## VISIT THESE USEFUL WEBSITES

<https://www.festivalsafe.com/>

<https://www.addaction.org.uk/advice-and-information/young-people/staying-safe-festivals>