

## Festival Safety Checklist

Before and during the event



## Before you go

- Eat a proper meal
- Hydrate well
- Sleep if possible
- Plan how you're getting there and home
- Share plans with someone you trust

## What to pack

- Charged phone + power bank
- Refillable water bottle
- Comfortable shoes
- Weather-appropriate clothing
- Any prescribed medication

## Know the site

- Locate welfare and medical tents
- Know where security points are
- Agree a meeting point with friends
- Check event rules and policies

## Look after each other

- Arrive together if possible
- Check in on friends regularly
- Don't leave anyone alone who feels unwell
- Speak up if something feels wrong

## During the event

- Pace yourself
- Take breaks from dancing
- Drink water regularly, don't overdo it
- Eat when you can
- Avoid mixing substances

## Heat and crowd safety

- Use shade when available
- Cool down if overheating
- Move away from crowded areas if distressed
- Ask staff for help early

## Red flags – act early

- Confusion or collapse
- Trouble breathing
- Overheating
- Repeated vomiting
- Seizures

## If something goes wrong

- Stay calm
- Get help from welfare or medics
- Call 999 if it's urgent
- You will not get in trouble for asking for help

## Key message

- Most harm is preventable. Planning ahead and looking out for each other saves lives.