

DRUGS/ALCOHOL COCKTAILS CAN BE LETHAL.

KNOW YOUR LIMITS!



You'll all have a much better Festival
if you avoid over-doing it.

If you are concerned that one of your friends requires assistance ask a steward or security

guard to point you towards THE WELFARE TENT

## STAYING SAFE

Top safety tips to ensure you have a fun but safe festival.

**Drink plenty of water** 

Take a break from dancing

**Look out for your friends** 

Be very careful if you are mixing different drugs and / or alcohol

If you choose to use drugs, try a small amount first and tell a friend what you are taking

If you feel unwell, get to the welfare tent