

# EARLY break

Young People's Drug & Alcohol Service

## Festival Safety

The sun is shining, the music is banging and you're at a festival to have the best weekend of the Summer! So you're probably not thinking about how to get back to your tent or what happens if you drink too much cider.

Luckily we've put together some useful tips to keep you safe, leaving you free to enjoy the music, soak up the atmosphere and get right in amongst it!

### Stay Hydrated

If you intend on taking drugs try to sip a pint of water every hour. This will keep you fresher and level headed for longer and the hangover won't be half as bad in the morning!

### Report It

Report anyone suspicious you see knocking around. (There will be loads but just use your noggin!)

### Eat Well

Raving away burns LOTS of calories over the course of the day. Make sure you eat enough to give you the energy to keep going right through till the early hours!

### Safety In Numbers

Stay with friends and don't wander off on your own. Do what the majority want to so you don't get split up! (Even if that does mean missing Example or Rita Ora)

## Ditch Your Valuables

Take only what valuables you need, you don't need your iPads or MP3 players here folks. Use lockers if the festival has them and remember, padlocks will only invite thieves in!

## Feeling Unwell?

If at any point during the weekend you begin to feel unwell, seek medical help. All major festivals will have an on site medical tent! Don't try and power through, it may be the suspect burger you munched earlier but it could be something worse!

## Be Neighbourly

Make friends with the peeps in the tent next to you. This has added benefits if they are hot - and if not, you can keep an eye on each others tents!

## Don't Overindulge

If you do plan on taking drugs try not to go over the top! It can take up to an hour for them to hit you so don't get giddy and take more! 20 minutes later if you don't feel it! Try NOT to mix drugs at all. Remember, you never truly know the dose you're taking with drugs these days so pace yourself, take your time and be patient!


## Keep It Charged


It's happened to us all, vibeing the headline act on our phone and wallop - "BATTERY DEAD"! What an absolute nightmare! Luckily most festivals offer onsite recharging facilities should this happen!

Check out our social media!

Early Break - Young People's Drug & Alcohol Service

[www.earlybreak.co.uk](http://www.earlybreak.co.uk)

 Early Break UK

 @EarlyBreakUK