

# Nuts in May

## Festival Checklist

### Recommended Kit

- Clothes suitable for all weather types (e.g. inclement and sunshine)
- Sunscreen & hat (a wide brimmed one for day-time and a warm one for night-time)
- Rain coat, cagoule or plastic poncho
- Waterproof boots or wellies
- Sleeping bag & roll mat or airbed
- Tent with all the bits (e.g. pegs and a mallet)
- Gazebo or awning to provide shade over your tent
- Stove and fuel (please do not use these inside your tent)
- Mug, plate & cutlery (plastic or metal are best)
- Pans and cleaning materials
- Toilet roll, maybe in a plastic bag (we provide this but you won't want to be caught short)
- Your medication (please bring the original container, just in case) and a basic first aid kit
- Sanitary protection
- Contraceptives
- Hand sanitizer (alcohol gel)
- Baby or wet wipes
- Wash kit & towel
- Mobile phone and charger (we have a charging station, but you need your own adaptor)
- Torch (an LED headlight torch is best as the batteries last forever)
- Tin and/or bottle opener
- Water bottle (refillable is best, as you can top it up from our freshwater taps)
- Booze (no glass bottles please)
- Juice (fresh and/or concentrate)
- Fags and/or spare lighters
- Money (split this amongst your group and don't leave it unattended)
- Folding chair
- Ear plugs (for adults) or defenders (for children)
- Boredom cures
- Gaffer or Duct Tape
- Bin bag (please try to take your refuse home)

### Food suggestions

- Tinned meals (with ring-pulls on)
- Pre-cooked vacuum packed meals (e.g. curry, rice, tuna)
- Bacon (cooks quickly and stores well)
- Pot noodles and instant meals (don't buy the cheapest, it's not worth the disappointment)
- Tinned veg and potatoes
- Tinned hotdogs and burgers
- Fruit (bananas are great for an energy boost)
- Bread & sandwich fillings
- Dried food to cook with water
- Your favourite sauce
- Sweets, chocolate & crisps

Please Note: Food vendors will not begin serving until Friday morning, when the main arena is opened. You can't bring your own alcohol into our main arena (where our prices will be as cheap as the local pubs) but you can drink it in the camping areas.