

## National Eisteddfod Alcohol Policy

We want you to enjoy the Eisteddfod - responsibly.

Be careful when drinking alcohol. Cocktails, over-drinking and hot weather can be fatal. It is important that you know your limits, and those of your friends.

The Eisteddfod operates a 'Challenge 25' for the sale of alcohol. If you're lucky enough to look under 25, you'll be asked for proof that you're over 18 years old or are wearing an appropriate wristband in Maes B

You may not bring alcohol to the Eisteddfod Maes or Maes B. Stewards have the right to seize and dispose of any alcohol in your possession when entering the field. Fully licensed bars are available on the Maes and Maes B.

Alcohol is permitted to be brought on to the campsites and caravan sites only for your own personal use.

For health and safety reasons we do not allow glass bottles on the Maes, Maes B or campsites.

Remember - drink plenty of water and do not drink and drive.

## **Challenge 25 Policy**

We operate and enforce a strict Challenge 25 policy. If you cannot provide valid identification when asked, you will have to leave the site and return with your ID.

If you're lucky enough to look 25 or younger, bring an acceptable form of ID. Valid forms of ID include:

- An in date photographic driver's license or provisional license.
- A valid passport (not a photocopy). Out of date passports will NOT be accepted.
- A Proof of Age Standards Scheme Card (showing the PASS hologram).

Alcohol: the basics.

There are a few basics to make sure that you keep well at a festival when drinking alcohol. Following our simple advice will help you to have a better time with fewer risks of bad side effects:

The best way to drink safely is to eat first; extra energy is important. The combination of walking a lot at the festival combined with drinking alcohol can lower your blood sugar making you feel faint and increasing the effects of the alcohol.

Drinking at a Festival can often start early and goes on into the night. Avoid drinking too quickly as you won't feel good. Try having a soft drink in between alcoholic drinks to dilute the alcohol in your body and to increase your fluid intake to avoid dehydration. If there is a chance that you might use drugs with your alcohol, check out our drugs page too.

Dehydration causes feelings of a hangover. Festival walking and being in the sun can also increase the loss of body fluids making dehydration worse. Always have a bottle to fill up with water during the day, and remember to have water in your tent. Drink plenty of water, take a break from drinking alcohol when you need one, and remember to eat.

Look after yourself and each other and stay safe. Never get so drunk that you cannot take care of yourself if you were to get into a difficult situation. Never pressure or persuade anyone into drinking (more) if they do not want to. Do not to share or accept drinks from people who you do not know or trust; buying and pouring your own drinks helps to avoid the risk of drinks being spiked. If anyone starts acting inappropriately to you or your friends, don't be afraid to tell security.

Help is available at the Welfare Tent providing a calm, safe space for anyone who needs to recover. If you or a friend becomes unwell enough to need medical help, speak to a member of staff or visit the Medical Tent.

Remember you can still have a good time without drinking alcohol or getting drunk.

For more information and advice on alcohol:  
[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

Information from the Festival Medical Services website