

Cystic Fibrosis not going to stop me

Festival planning



Life Unlimited

Fighting for a Life Unlimited

Festival fun

Music festivals are a rite of passage, and having cystic fibrosis (CF) shouldn't stop you from seeing your favourite bands, trekking through muddy fields in your wellies or using the dreaded festival toilets!

After consulting with our Youth Advisory Group, we've come up with top tips, a packing list with all the things you'll need and a medical information sheet for you to fill in.



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Top tips

for festival fun

1

Keep your ticket safe. We're not kidding! Nobody wants to be the guy pleading with security to let them in because they left their ticket at home. Treat your ID, phone, cash and keys like they are sacred and keep them on you all the time.

2

Check the festival rules for bringing medications before you go. **Some of the big festivals are pretty strict about original packaging.** While you're at it, consider applying for a pitch in the accessibility or disability fields, especially if you're going with a mate. Many festivals can offer you and your 'carer' friend a pitch closer to the main field, better parking, access to special viewing platforms throughout the site and less busy loos. Some festivals even have golf carts to help you get around. Golf carts. Amazing.

3

Before you head off, talk to your parents about the festival to put their minds at ease. It can be really nerve-racking for them, so we've created a 'survival guide' especially for parents that you can find on our website by visiting cysticfibrosis.org.uk/festivals. You might like to pass it on or talk through it with them so that everyone is feeling good about the weekend ahead.

4

When you're packing, bring more hand sanitiser and wet wipes than you think is humanly possible. It's gonna get grubby otherwise.

5

Plastic ziplock bags are hands down the most useful festival tool. They weigh next to nothing. They help keep stuff dry. They can store snacks then act as a rubbish bin. And they can keep your medications handy and, importantly, dry! Just label them with the day and AM/PM and you're set.

6

Ah, the fickle British weather – be prepared! Bring spare warm clothes, socks and a comfy sleeping set-up so that you have a cosy home to look forward to at the end of the night. If your bag isn't waterproof already, line it with a bin bag in case you get rained on. And when the campsite turns into a river of mud, you'll be grateful for some wellies.

7

That said, ever optimistic, make sure you pack a hat, suncream and sunglasses and drink plenty of water when the sun does make an appearance. Best to check the forecast before you leave.

8

Choose your camping pitch wisely. It's tempting to plonk down in the first clearing you find, especially after a long journey, but look around before you commit to a spot. Make sure that it's not downwind from the toilets, an epic slog away from the main arena or in a ditch that's going to collect rainwater.

9

Take your fridge meds to the medical tent as soon as you can. For a deposit, staff will keep everything safe and stored for you. Ask nicely and they might even let you charge your phone in there as well.

10

Bring extra Creon® because there is going to be a lot of delicious food there. But still bring plenty of snacks to carry with you in case hunger strikes mid-mosh. Bring something that you eat regularly at home and are already clued up on how much insulin and Creon you'll need for it.

12

Loo roll! This deserves a point of its own because finding toilet roll in a cubicle is as rare as a headline set starting on time. Bring plenty, pull out the cardboard middle to save space, and keep it in a trusty ziplock bag.

11

In case of an emergency (and to give your parents peace of mind), you might like to carry your prescription details and emergency medical info with you, or leave a copy in the medical tent with your fridge meds. We've created a template on page 7 if you're not sure what to include. If you're going with mates, you could also ask them to remember some of your basic medical info as well. Keeping parents/next of kin's numbers on each other's phones is also a good idea just in case someone's battery dies and you need to call home.

Head to page 7 for a template to record your emergency medical information on!

13

Pick a landmark where you and your friends can meet up if you get lost. Don't rely on your mobile because, even if you have charge, signal can be patchy.

14

The headliners will have the biggest crowds, so plan to get to those performances up to an hour early if it's a big festival. Getting a good view of these performances may mean that you have to skip another artist's performance. Check the schedule to see which bands may conflict with each other, and make sure you and your friends know which performances are a must and which ones you're okay with skipping!

15

Serious bit:

Your parents and CF team have probably covered this already but remember that drinking alcohol or taking illegal drugs can be very dangerous, especially when mixed with medication. It can make your meds less effective as well.

For more advice about drugs and alcohol, check out the Talk to Frank website: www.talktofrank.com. You may now return to your scheduled festival planning.

16

If you have an expensive phone, think about swapping your sim into a cheap mobile for the weekend – the battery life lasts much longer and you won't be so gutted if it gets lost. Make sure you leave nothing valuable in your tent and don't bother with a padlock for it – this just screams "valuables inside"!

17

With patchy signal and low battery, it can be difficult to let the people at home know that you're safe and having a good time. Write down your important numbers and ask to borrow a mate's phone if yours dies. Your loved ones will appreciate even a quick text saying that you're alright.

18

After you've got home, showered, and realised that your 'tan' was just a layer of grime - beat the post-festival blues by watching recaps on YouTube, going through the photos with your mates, listening to all the new bands you discovered and start planning for next year!

Most importantly, don't forget to have an amazing time! Take loads of photos and tag our Twitter account: @cftrustyouth.

Packing list

While you're unlikely to forget the important things like your sleeping bag, there are a few things you might not have thought of that could help make your weekend as stress-free as possible!



- ❑ Tickets
- ❑ ID (try not to bring your passport if you can help it – instead bring a full or provisional driving licence or official proof of age card with the PASS hologram)
- ❑ Cash and bank card
- ❑ Phone
- ❑ Portable charger and lead
- ❑ Travel tickets and railcard or car keys
- ❑ House keys
- ❑ Wet wipes
- ❑ Hand sanitiser
- ❑ Loo roll
- ❑ Spare plastic bags and ziplock bags
- ❑ Medical info and prescriptions
- ❑ Enough meds for all of the days, plus one day extra just in case
- ❑ Creon® (bring some extra just in case)
- ❑ Insulin

- ❑ Fridge meds and deposit for medical tent fridge
- ❑ Nebuliser and a bottle of distilled water to clean it with
- ❑ Glucose tester
- ❑ Sodium tablets
- ❑ Snacks
- ❑ Toiletries
- ❑ Sunglasses, sun hat and sun cream
- ❑ Waterproof layer and wellies
- ❑ Tent
- ❑ Sleeping bag
- ❑ Roll mat/air mattress
- ❑ Pillow
- ❑ Backpack and bin bag
- ❑ Clothes
- ❑ Warm socks
- ❑ Torch
- ❑ Headphones



Medical

information

1

Name: _____

Who I am here with: _____

Where I am staying:

I have the following condition:

Cystic fibrosis

Cystic fibrosis (CF) is a genetic condition where mucus builds up in the lungs, digestive system and other organs. It is not contagious. Everyone with CF experiences it differently but generally the condition causes a wide range of symptoms including difficulty breathing, coughing up phlegm and susceptibility to infection.

Medical information (continued)

2

To manage these symptoms I have the following treatment plan:

Medications	Dosage	Frequency
1.		
2.		
3.		
4.		
5.		

Allergies/please don't give me:

Emergency instructions:

Emergency contacts:

Medical

information

3

Medical information (continued)

CF team contact:

Emergency medications I carry, eg EpiPen, glucose etc:


Additional medication I'm taking at the moment:



4

Anything else?

Please send this information with me if I require treatment elsewhere.



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