

## **Bringing children to Download**

Our priority is making sure everyone - especially our youngest rockers - has a fun and safe time at Download. Take a look at our advice for parents and guardians:

### **1. Pick up a Child Identity wristband**

Pick up a Child Identity wristband from any of the Campsite Hubs, Info Hubs, or Box Offices onsite. Make sure to fill in your phone number and attach it to your child's wrist.

### **2. Take a daily photo**

Take a photo of your child each morning showing their outfit and hairstyle. If you get separated, this helps our Festival Team identify them quickly.

### **3. Don't allow children to climb structures or signage**

For their safety, please don't allow children to climb flag poles, signage, scaffold poles, or tent/marquee structures and ropes.

### **4. Drink responsibly**

It is an offence to be drunk or under the influence of drugs while responsible for a child.

### **5. Provide a safe sleep space for babies**

If you're bringing a baby or infant, please ensure you provide a safe and separate sleep space in your accommodation.

### **6. Bring ear defenders to protect their hearing**

Some areas of the festival can get very loud - bring ear defenders to protect your child's hearing.

### **7. Be aware of age-appropriate content and crowd behaviour**

Some performances may feature strong language, adult themes, or loud and crowded environments (including mosh pits). Check set listings and choose areas that are suitable for your child's age and comfort.

### **8. Keep children away from hot BBQs & stoves**

Using a raised BBQ or camping stove? Keep children at a safe distance, and always keep hot pans and liquids out of reach.

Never use a BBQ or stove inside a tent, awning, or motorhome due to the risk of carbon monoxide poisoning.

### **9. Be ready for all weather**

Weather can be unpredictable - pack for all conditions! Bring waterproofs, wellies, hats, suncream, and warm layers for cooler evenings.

### **10. Stay hydrated**

There are free water refill points around the arena and campsites - bring your refillable bottles and make sure everyone stays hydrated.

### **11. Our team are on hand if you need support**

If you feel unwell, visit our onsite medical team at the Hospital in District X or head to one of the Medical Points located in the arena.

Need a quiet moment or some friendly advice? Visit the Welfare Tent, which is open 24/7 and here to support you and your family.

You can also speak to our stewards and security teams across the site.