



**Wakana Reunion**  
16–19 May 2025

# → **Survival Guide**



---

[wakanalakereunion.com](http://wakanalakereunion.com)

# SUMMARY

Presentation

Location

Getting to Wakana

Sustainability

Useful information

Parking

Essential packing list

Music

Wellness area

Art

Market

Accommodation

Food

Health & Safety

# → Presentation

Welcome to WAKANA LAKE, a unique and exclusive event held in Los Alcornocales Natural Park, Cádiz. Our family is overjoyed to welcome you to the stunning landscapes of Wakana.

For centuries, people have been coming to the region to reconnect with nature and spirituality. Wakana Lake Reunion aims to continue this tradition adding music, art, performance and installation as further catalysts for experience and exchange.



---

[wakanalakereunion.com](http://wakanalakereunion.com)



# → Location

Dating back to the very beginning of the Neolithic era in the 20th Century BC, Wakana still demonstrates remnants of it's ancient history in it's painted caves (Tajo de las Figuras) and dolmens.

Funerary structures protecting Phoenician remains are to be found in the bottom of the caves, Wakana being a former Phoenician trading place with Greeks and Tartessians.

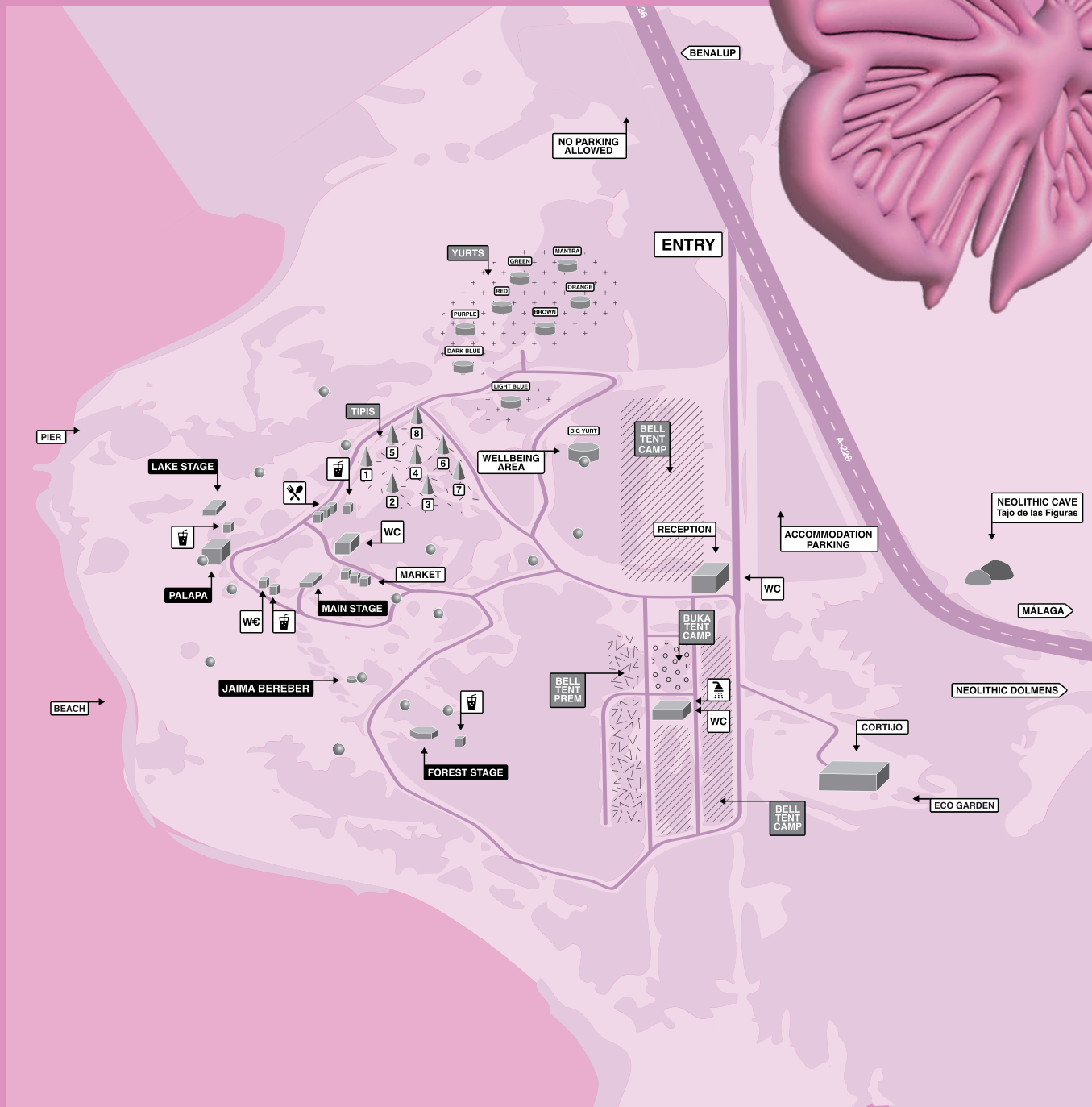
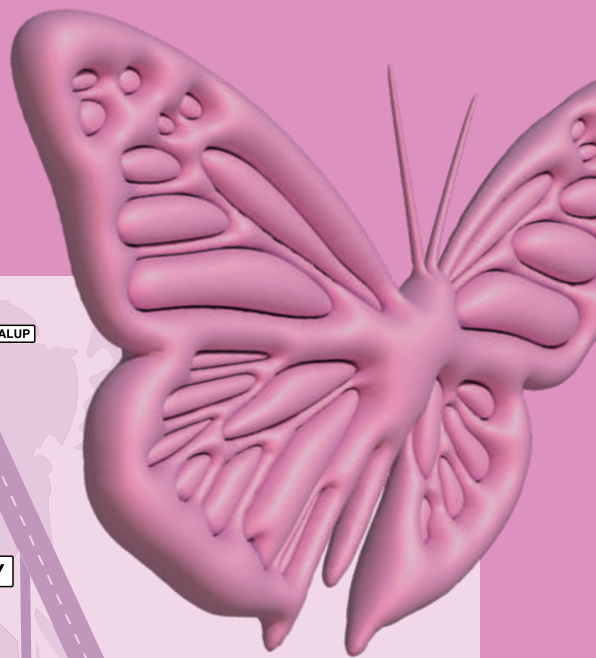
Researcher Alberto Porlan believes that the Tartessian mythical city of Atlantis would have been situated on a fluvial island right here! With such rich history, visitors to Wakana often describe it as a true source of energy and a temple to fertility and nature.



> Go to Google Maps  
Carretera Benaluz- Casas Viejas, Km 6.5  
11190 Benalup, Cádiz  
(36.310087, -5.742841)



# → Map



# → Get to Wakana

## BY BUS

Coming by bus to Wakana Reunion is a great option. Most bus tickets in Spain can be booked from [movelia.es](https://movelia.es). If you have problems with Movelia, try [alsa.es](https://alsa.es), the biggest single bus company in Spain.

## BY TRAIN

The train nearest station is Jerez. It's 50 minutes from here. GIBRALTAR, MÁLAGA and SEVILLE are also good options. To check the different options visit [thetrainline.com](https://thetrainline.com)

## BY PLANE

The closest international airport is the Málaga one. It's 1 hour and a half away. GIBRALTAR, JEREZ and SEVILLA are good options too.

## VTC

Download VTC platforms as Uber, Cabify or Bolt and come to Wakana on your own. Total estimated price : Málaga - Wakana 220€ (4 people).

## CARPOOLING

We highly encourage carpooling to those who have the possibility to do so! In our Facebook group you can offer empty seats to or from Wakana Reunion to fellow travellers or ask them to share their ride with you. In our Facebook Group or our Family Room, you can offer.

## RENT A CAR

Renting a car and enjoying the journey to the finish line is a good option. You can find rental cars at the different airports or stations in the cities. If you want to share the journey, don't hesitate to propose it to us in our family room

## BY TAXI

There will be a taxi stand in our parking lot 24 hours a day, contact Pedro on +34 609 831 341  
Price: 5-10€





# → Sustainability

# Leave no trace

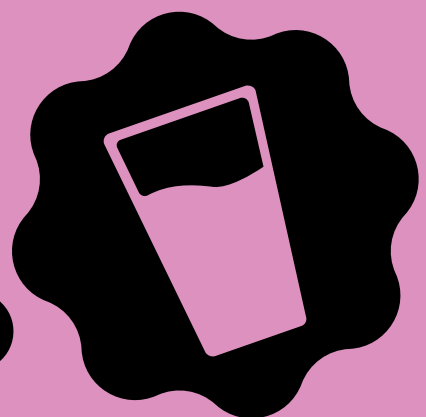
At Wakana Reunion we're very keen on taking ultra good care of our environment. When we leave our beautiful grounds at the lake, they should be left in better condition than when we arrive. Aware of the environmental impact of holding a festival, the sustainable management of Wakana has become one of our priorities. We want to work, from the first edition, to progressively minimize the event's footprint and, in the medium term, to make Wakana Reunion a festival that leaves its mark on the public, but not on the environment.

**BRING YOUR OWN CUP OR  
BUY OUR WAKANA REUNION 2025 CUP**

## Single-use plastic IS NOT Allowed



GET OUR  
PERSONALISED  
WAKANA REUNION  
METAL CUP  
(6€) 500 ML





## **RUBBISH AND WASTE**

Our waste stations will be better positioned so you walk past them on the major thoroughfares to and from our high traffic areas. You will also be easily able to locate waste stations with our specially designed highly visible flags. This means you'll always know where to walk to find the correct home for your rubbish.

Secondly, we will have two defined clean up sessions each day. One in the morning and the second just before dusk. With everyone contributing during these sessions our beautiful festival site will remain clean and fresh over the weekend and that by taking an active role, we'll all be less likely to litter.

## **DO NOT THROW CIGARETTE BUTTS ON THE GROUND.**

At the entrance we will give you an ashtray for cigarette butts.

Please use it and do not throw cigarette butts on the ground.

Wakana is in a national park and we want to keep it beautiful.

**IN CASE YOU FIND ANY, PLEASE PICK THEM UP!**

**Offset your  
carbon footprint**



## WAKANA REUNION X GO2 BY GLOBAL OMNIUM

At Wakana, we believe music holds transformative power. It connects us, uplifts us... but it also awakens us. It reminds us that we're part of something much greater. That's why this year, we're taking an important step: we want every note, every dance, every encounter under the stars to also be an act of love for the planet.

Thanks to our collaboration with GO2 by Global Omnium, experts in sustainability and carbon footprint measurement, we've embarked on a journey that goes beyond enjoyment. Now, in addition to creating an unforgettable experience, we want to make it a responsible one.

♥ Awareness is the first step to change  
Did you know a festival leaves an invisible footprint? It's not just the electricity for lights or setting up stages — it's also the transport of thousands of people, the materials for booths, accommodation, waste... Everything adds up. And everything leaves a mark.

But once you're aware of it, it's impossible to look the other way.

With GO2, we've measured every inch of that footprint — from the very first kilometer traveled to the last printed poster. We've analyzed the CO<sub>2</sub> emissions produced and set a ceiling to understand what we need to improve. It's not easy — but it's necessary.



## FROM MEASUREMENT TO ACTION

The best part? This work doesn't end with the numbers. Because measuring without acting doesn't change a thing. That's why we're implementing real measures: shared transport, sustainable materials, conscious waste management, cleaner energy. And we will offset the emissions we can't avoid through projects that help restore balance to our planet.

At the end of this process, we will receive a certification as a carbon-neutral event. But beyond the certificate, what truly matters is the commitment behind it — the deep desire to do things right.

### 🌟 A festival with a green soul

This commitment isn't just ours — it's yours too. It's an open invitation to you: the one who comes to dance, laugh, and be moved. To you, who chooses to live experiences that also care for the world we live in.

Every small gesture counts. Bringing your reusable cup. Carpooling. Sorting your waste properly. Choosing mindfully. Because when we all get involved, change stops being a distant idea and becomes a shared reality.

Wakana doesn't just sound — Wakana feels. And this year, more than ever, we feel that caring for the Earth is part of the magic.

Thank you for being part of this journey.  





# → Useful Information

## BRING YOUR ID

Please, don't forget to bring your ID to present it at the entrance and get your wristband. You'll also need to present it if you decide to reach Wakana using our service of charter buses.

## BRING A POWERBANK

The areas with mains plugs are private. There are few free plugs outside but they will be very requested. If you sleep in a tepee and do not want to be without a battery in the mobile you must bring your own external charger. The use of the reception plugs will not be allowed. If you need to charge your phone, you can leave it at our charging station in our Wakana € hut - 4€ per full charge.

## PARKING

Priority parking for clients with accommodation within the site. No parking in former Parking 2 "Parking Corredor Verde Dos Bahías". More information below.

## DEPOSIT BELL TENT PREMIUM

Bell Tent Camp & Bell Tent Premium 100€ (cash) deposit to be returned at the end of the event.

## ATTEND WITH CASH

Due to the low coverage in Wakana, the dataphone could present coverage problems. To avoid these kinds of problems **please bring cash**, the nearest ATMs are located in Benalup Casas Viejas (€ 5 taxi from Wakana).

## TICKETS

Don't print your tickets, phone screen is fine. **Let's save the trees!** Your ticket doesn't include accommodation in Wakana, it must be purchased separately.

## WAKANAEURO

All payments inside the festival will be made in WakanaEuros. **Change your cash** at the reception or close to bar and buy food, drinks and activities. 1 WakanaEuro = 1Euro

## TAXI & TRANSFER STOP

**DO NOT DRINK & DRIVE** - Official Transfer & Taxi Stop at Wakana Reunion Parking. We have Official Transfer and Taxi Stop at Wakana Reunion Parking (10€) More info below.

## NO WI-FI

There is no Wifi in Wakana but you will find a better connection.

# SCHEDULE

## OPENING TIME:

Friday, from 15:00pm.  
Shows starting at 18:00pm.

## CLOSING TIME:

Monday, at 15:00pm.  
Accommodation check out: 14:00

## → Parking

Wakana Reunion is located in the heart of the Alcornocales Natural Park, we are surrounded by extensive vegetation, fauna and we are very fortunate for this. This edition due to the high temperatures we have had and the drought we are suffering we must protect our environment more than ever, reduce the impact on it and protect it from the risk of fire, for that reason, our parking has been reduced only to the main parking of the space, where due to its limitation, will have priority parking for those with accommodation within the enclosure, please note the following indications

### WAKANA REUNION PARKING

Priority for attendees with accommodation inside Wakana Reunion



### BENALUP CASAS-VIEJAS PARKING

10 minutes from the venue, 10€ max. by Taxi.

---

### CORREDOR VERDE DOS BAHÍAS

(Old Parking 2) danger of being fined / towed.

**PROHIBITED  
PARKING**

Parking in the vicinity of the site is strictly forbidden.  
Vehicles parking in the vicinity of Wakana Reunion  
are in danger of being fined.

# MOTORHOMES, VANS AND CARAVANS



**Benalup Casa Viejas  
Motorhome Area**  
10 min from the venue

Due to complaints related to noise and the care of the environment, we regret to inform you that caravans, motorhomes and vans are strictly prohibited in the main car park. These types of vehicles will not be allowed access to the inside of the site, neither will they be allowed access to main parking, even if they are only used as a vehicle, however we offer you the following spaces.

Wakana Reunion takes place in an incredible Natural Park. We kindly ask you to respect the park's rules and camp only in the designated area. If you choose to camp with your caravan in other spaces, the festival is not responsible for any fines related to overnight stays.

## WR OFFICIAL TRANSFER

We will provide an official transfer service for those who sleep in the village or park their car there. Route / Pick up points:



Official bus service for those who sleep in the village or park their car there. Shuttle Pass includes round-trip transportation to key points outside of Wakana throughout the 3-day event.

### Friday 17

- 1st departure: 15:00 h
- Frequency: Every 30 min from 15:00 to 00:00 h
- Last departure: 4:30 h / 05:00 h / 05:30 h / 06:00 h / 6:30 h

### Sunday 19

- 1st departure: 15:00 h
- Frequency: Every 30 min from 13:00 to 20:00 h
- Last departures: 22:00 h / 05:30 h

### Saturday 18

- 1st departure: 13:00 h
- Frequency: Every 30 min from 13:00 to 18:00 h  
Every 60 min from 18:00 to 00:00 h
- Last departures: 4:30 h / 05:00 h / 05:30 h / 06:00 h / 6:30 h

**Buy Your  
Shuttle Pass  
20€**

---

[wakanalakereunion.com](http://wakanalakereunion.com)



# → Essential Packing list

We strongly advise you to only bring what you need to the festival. We have invested all our efforts into creating a paradise for you to explore – complete with places to dance, chill out, swim, eat and drink.

We are a leave no trace festival which means taking everything home with you. And the less you bring, the less you'll need to pack up at the end of the weekend when all you want to do is get home.

Use this handy list of essentials to make sure you are prepared for your trip to the reunion!

## WHAT TO LEAVE AT HOME



NO SWIM  
AT NIGHT



NO FOOD IN  
THE ROOMS



NO DRINKS &  
FOOD FROM  
OUTSIDE



NO GAS  
BOTTLES



NO FIRES



NO GLASS

Wakana Reunion is located in a national park. So as to avoid problems with waste and to respect our sustainability plan, the entry of outside food and drink into the car park and grounds is completely forbidden, except water, fruit and small snacks.

# → What to bring



**TICKETS**



**CASH**



**PORTABLE  
CHARGER**



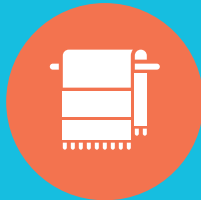
**INSECT  
REPELLENT**



**ALLERGY PILLS**



**CAREFREE &  
LOVING  
ATTITUDE**



**TOWELL**



**SUN-  
GLASSES**



**CLEAN  
UNDERWEAR**



**WARM COAT  
FOR THE NIGHT**



**SWIMSUIT**



**HAT**



**SUN-  
SCREEN**



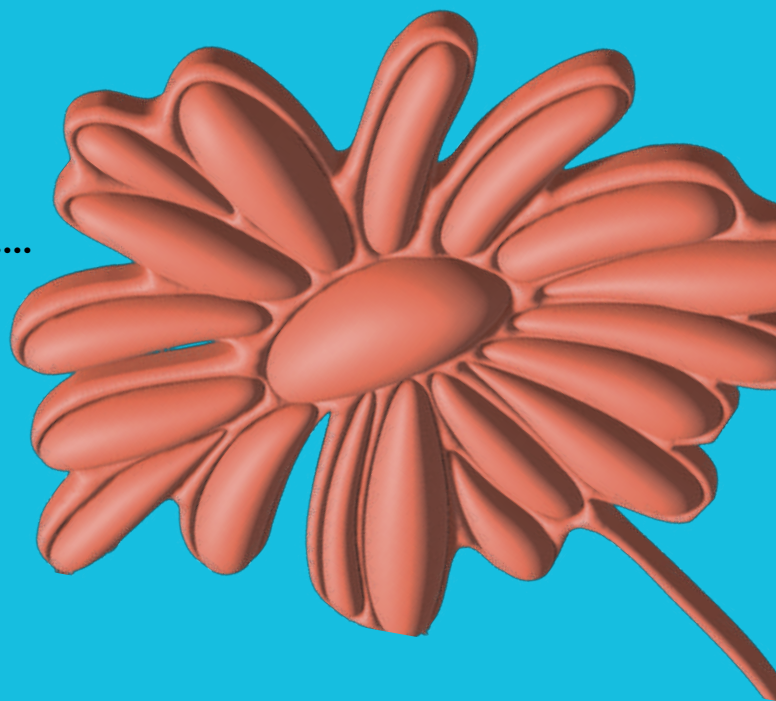
**COSTUMES  
CHANGES**



**EXTRA  
BLANKET**

## WEATHER

Wakana Reunion WEATHER....



# ● Music



Add to Calendar

## → Friday 16

### Main Stage

18:00 → 21:30 h **Piro**  
21:30 → 00:00 h **Kenée**  
00:00 → 01:30 h **Kid Simius**  
01:30 → 03:00 h **Bibi Seck**  
03:00 → 05:30 h **Yusu**

### Forest Stage

22:00 → 00:30 h **KK Baker**  
00:00 → 02:00 h **Bananna**  
02:00 → 04:00 h **Rakim Under**  
04:00 → 07:00 h **Francesco  
del Garda**

### Jaima Bereber

23:00 → 04:00 h **Raziel248**

MUSIC  
PROGRAMME





# → Saturday 17

## Lake Stage

- 14:00 → 15:00 h **Momentum (live)**  
15:00 → 16:00 h **Celine and Rodrigo Van Heel (live)**  
16:00 → 17:00 h **Ruben Lara (live)**  
17:00 → 18:00 h **Gran Orquesta  
Latina de La Cucaracha (live)**  
18:00 → 19:00 h **Philipp Johann Thimm (live)**  
19:00 → 20:30 h **Stavroz (live)**  
20:30 → 22:30 h **Marcel Dettmann**

## Main Stage

- 22:30 → 01:00 h **Loewenthal**  
01:00 → 03:30 h **Pional**  
03:30 → 05:30 h **Steve Bug**

## Forest Stage

- 22:30 → 00:00 h **Andrea Vandall**  
00:00 → 02:00 h **Lafa**  
02:00 → 04:00 h **Viken Arman**  
04:00 → 07:00 h **Alvaro Medina**

## Palapa

- 07:00 → 10:00 h **Karla Mercedes**

## Jaima Bereber

- 22:00 → 04:00 h **Raziel248**

# MUSIC PROGRAM MUSIC

## → Sunday 18

### Lake Stage

10:00 → 11:00 h	<b>Josue Bonnín de Góngora (live)</b>
13:00 → 14:00 h	<b>Brisa Fenoy (live)</b>
14:00 → 15:00 h	<b>Vibra (live)</b>
15:00 → 16:00 h	<b>Ocean Flor (live)</b>
16:00 → 18:00 h	<b>Coco María (live)</b>
18:00 → 19:00 h	<b>Zeitgeist Freedom</b>
19:00 → 22:00 h	<b>Danilo Plessow AKA MCDE</b>

### Palapa

22:30 → 01:30 h	<b>Calabassa</b>
01:30 → 03:30 h	<b>Lyla</b>
03:30 → 05:30 h	<b>Jonny Rock</b>



Add to Calendar

# → Wellbeing Programme

Location  
Big Yurt

*Mysticism designates a type of experience that is very difficult to achieve, in which the maximum degree of union of the human soul to the Sacred during the earthly existence is reached.*

## → Frid.16

16:30 → 18:00 h

### **Gongs and Crystal Bowls Sound Healing**

Camilla Sounds

WORKSHOP

18:00 → 19:00 h

### **Prana Flow Yoga**

Zarah Boden

YOGA

19:00 → 20:00 h

### **Echoes Of Trust A Sonic Journey**

Echo Echo Collective  
(Natalia, Marti, Javi, Hanna)

WORKSHOP

ACTIVITIES





# → Sat.17



Add to Calendar

09:00 → 10:00 h

## **Glow Pilates**

Sigrid Daregård

PILATES

10:00 → 11:00 h

## **Sensual Silent Dance**

Anna Orlinski

WORKSHOP

11:00 → 12:00 h

## **Vinyasa Flow**

Lucía Liencres

YOGA

12:00 → 13:30 h

## **Sound Journey**

Frank Peschke

WORKSHOP

13:30 → 14:30 h

## **Vinyasa Funghi**

Lorena Aguilar

YOGA

14:30 → 16:00 h

## **Echoes of the Infinite**

Robot Koch

& Kathi Hendrick

WORKSHOP

16:30 → 18:00 h

## **Blind Experience**

David Cobo Amores

WORKSHOP

18:00 → 19:00 h

## **Wild open heart**

Alizée Dallieux

YOGA

19:00 → 20:00 h

## **2025/2026! Time of Change!**

Alonso Denis

TALK ASTROLOGY





# → Sun.18

09:00 → 10:00 h

## **Empower Hour Hiit**

Jessika Farah

*WORKSHOP*

10:00 → 11:00 h

## **Awakening the Flow**

A Yoga Experience

Beyond Limits

Silvia Venadita

*YOGA*

11:00 → 12:00 h

## **Dance Flow Healing**

Cristina López

*YOGA*

12:00 → 13:30 h

## **Sound Journey**

Frank Peschke

*WORKSHOP*

13:30 → 14:30 h

## **Cacao Ceremony**

Ariana & Colin

*CEREMONY*

14:30 → 16:30 h

## **Embodied Breath Breathwork Journey**

Zarah Boden

*CEREMONY*

16:30 → 17:30 h

## **Subtle Flow Yin Yoga**

Maite Méndez

*YOGA*

17:30 → 18:30 h

## **Healing through Connection**

Andrea Azūl


*WORKSHOP*

18:30 → 19:30 h

## **Archetypes- A Path toward your best version**

David Rojas

*TALK*



# WELL-BEING PROGRAMME

→ **Mon.19**

10:00 → 11:00 h

**Anchoring  
Expansion Yoga**

Christina Tussing  
YOGA

11:00 → 12:00 h

**Focus, Vision, Love  
Closing Yoga**

Maria Miecke  
YOGA

**Wakana**  **Reunion** 

# → Art & Installations



Wakana Reunion is committed to encouraging artists to delve deep into the wilds of their imagination to boldly produce the beautiful, the bizarre and the brazen.

Our mission is to become a small global family passionate about the ability of nature, music and art to bring people together. We love culture, art and creativity of the human being, if you have an artistic project that you want to be involved in, submit your proposal!



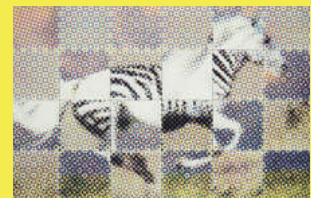
## Plastic Island

Somos AMAES



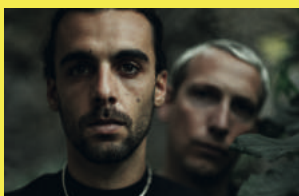
## Mycelium Dreams

Lorena Aguilar



## Threads of Resistance

Printr Studio



## The Mirror (Keep On Coming)

Ocean Flor



## Wakana Snake

Sabek



## Biolumen

Charlie Sarria & Fratello



## The Dance of the Red Wind

Gigi Vicoletto



## Umbral

Judith Naess



## Creatures Of The Night

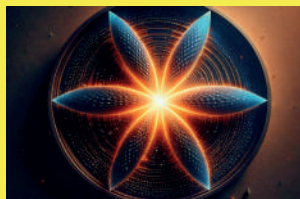
PFA-Studios





## From calm to ecstasy

Clara Giménez Rey & Jaime Sirera



## A Fully Immersive Sound

EMOSON



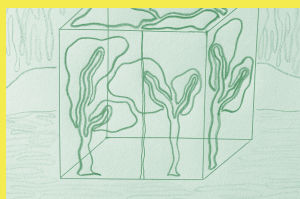
## Chromatic Mirror

Ana de la Lastra



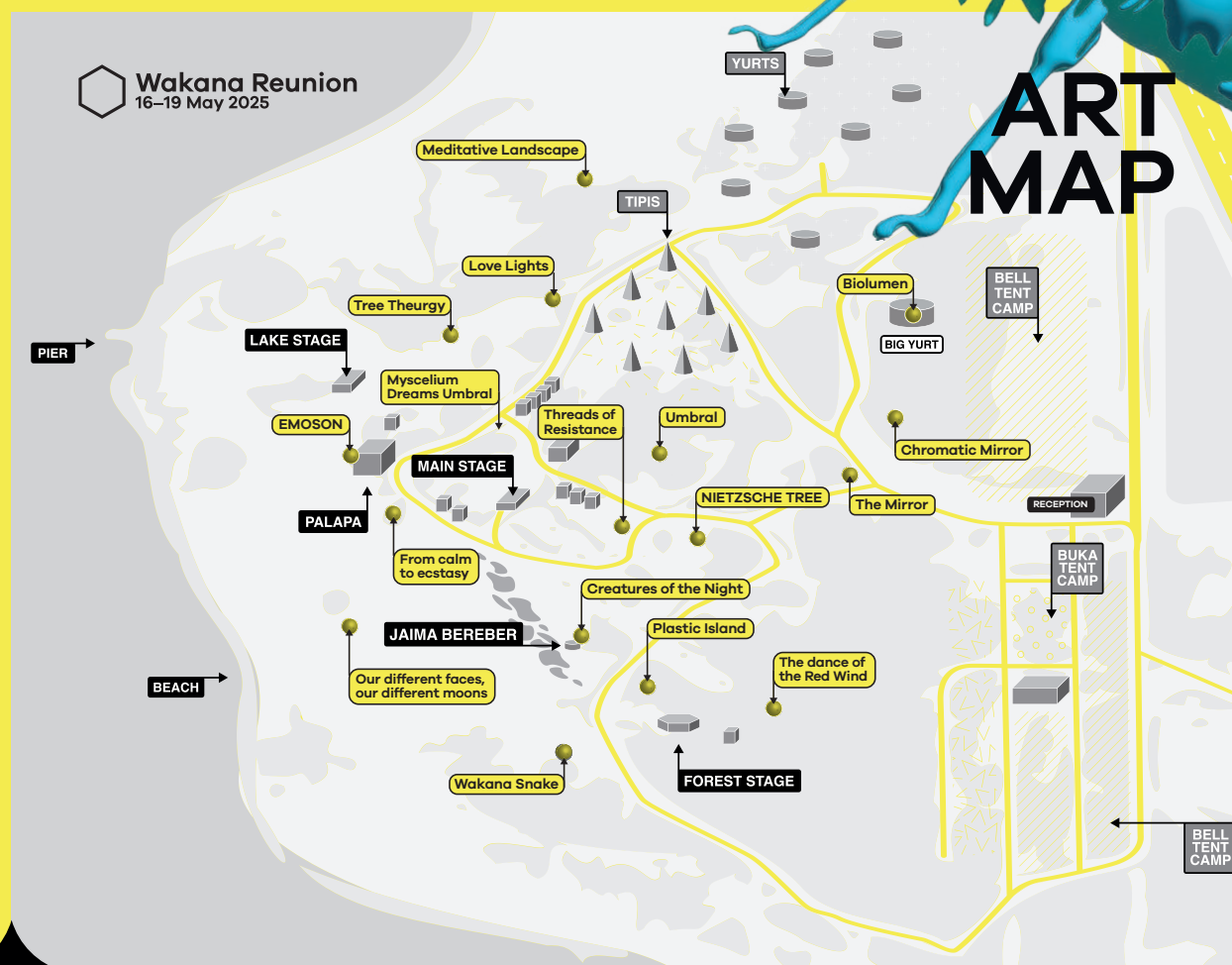
## Love lights

Pernille Otzen



## Meditative Landscape

Hannah Kawan & Echo Echo



# ART MAP



# → NIETZSCHE TREE

## → Frid.16

16:00 → 18:00 h

Guitar & Sing

**Brisa Fenoy B2B**

**Momentum**

18:00 → 19:00 h

Human Design: Live  
your authenticity

**Maria Solano**

## → Sat.17

11:30 → 12:30 h

Guitar & Sing

**Ruben Campos**

12:30 → 13:00 h

Singer

**Victory**

13:00 → 14:00 h

Guitar & Sing

**Yannick Rosette**

14:00 → 15:00 h

Circle Song

**Dr. Larissa J. Maier**

15:00 → 16:00 h

Whenever you want

**Alvaro Gijón**

16:00 → 17:00 h

Telling stories  
through the noise

**Dhruv Gulati**

17:00 → 18:00 h

Connection at play

**Maria Solano**

## → Sun.18

11:00 → 13:00 h

Soundhealing, crystals  
& Aromatherapy

**Iyari (Jade Rolt) &**

**Verito del amor**

13:00 → 14:00 h

A new beginning

**Ana de la Lastra**

14:00 → 15:00 h

Botanica Pineal

**Loreto Olmos**

15:00 → 16:00 h

Emotional movement

**Paco Hurricane**

16:00 → 17:00 h

Rushed for no reason

**Dr. Larissa J. Maier**

17:00 → 18:00 h

Human Design: Live  
your authenticity

**Maria Solano**



**Wakana** **6<sup>a</sup>** **Reunion**

16 - 19 May 2025

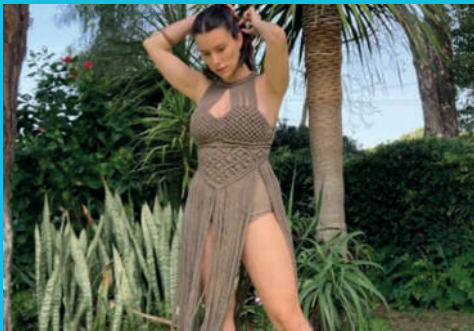
# → Market

Fri 18:00 – 02:00

Sat 11:00 – 02:00

Sun 11:00 – 18:00

Discover a world of flower crowns wreaths, body painting, costumes, accesories, etc. The Wakana Lake Craft Market is a way to promote a sustainable, ethical, conscious and friendly way of selling and buying products. Following our principles, we would like to offer a new kind of shopping, based on the respect for nature and the world we live in.



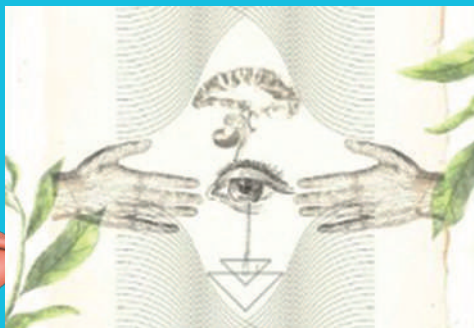
- Clothing

**Albosque Organic**



- Clothing.

**Atípico Vintage**



- Beauty and wellness

**Botánica Pineal**



- Clothing

**D'Amore Cappelli**



- Clothing

**Dulce y Bandida**



- Jewelry

**Elle Marie**





• Tattoo  
**InmArcesible**



• Jewelry  
**Mimosa Blu**



• Clothing • Jewelry  
**MOIRAI**



• Clothing  
**Naopak**



• Clothing  
**Solor**



• Jewelry  
**Tanok Nature**



• Clothing  
**Shoppacy**

# → Food



*Mediterranean-Style kitchen with local products of the season, eating healthfully together among family and friends.*



Food & Drink  
**Bernardita**  
*Vegetarian*



Food & Drink  
**Bibra**



Food & Drink  
**Cacao 333**



Food & Drink  
**El Rincón del Gordo**



Food & Drink  
**Family Kitchen**  
*Vegetarian, vegan*



Food & Drink  
**Gnocchi**  
*Gluten-free, vegetarian, vegan*



Food & Drink  
**Mediterráneo**



Food & Drink  
**Se lió el taco**



Food & Drink  
**Soil Soul Society**  
*Vegetarian, vegan*



# → Accomodation Wakana Reunion

Discover a world of flower crowns wreaths, body painting, costumes, accesories, etc. The Wakana Lake Craft Market is a way to promote a sustainable, ethical, conscious and friendly way of selling and buying products. Following our principles, we would like to offer a new kind of shopping, based on the respect for nature and the world we live in.



**TIPI**  
6 PAX



**YURTA**  
6 PAX



**BUKA**  
4 PAX



**BELL  
TENT**  
2/4/6 PAX



**BELL TENT  
PREMIUM**  
2/4/6 PAX

# → Accomodation near by Wakana Reunion

## **FAIRPLAY GOLF AND SPA RESORT \*\*\*\*\***

The resort has an impressive 5\* hotel, conceived in the environment in the white towns of the Sierra de Cádiz.

In collaboration with Wakana Reunion puts at the disposal of the attendees an incredible offer for the days of the festival. (May 16– 19)

## **HOTEL UTOPIA \*\*\*\***

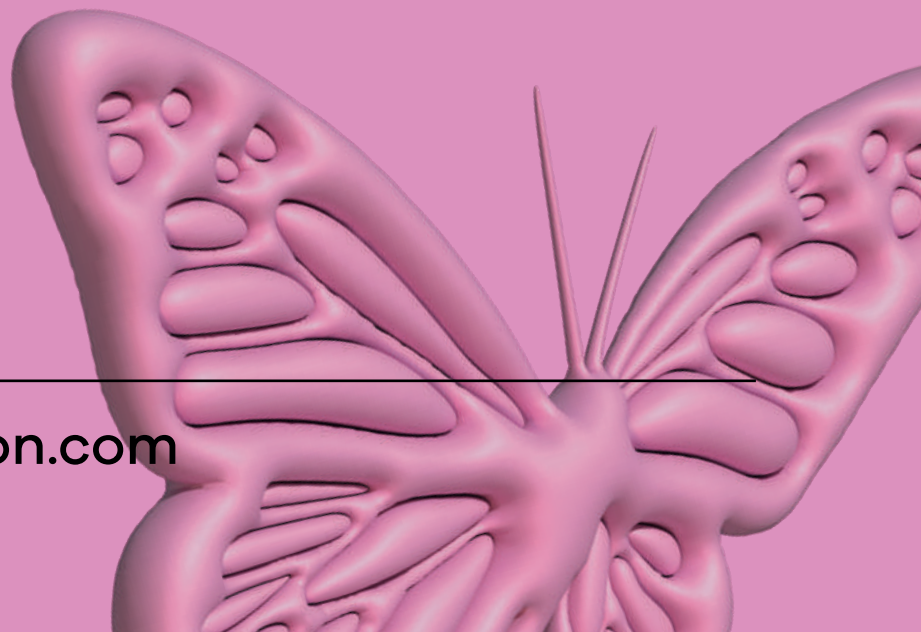
A trip to the 1930's in Benalup-Casas viejas. The infrastructures at the extraordinary themed Hotel Utopía offers a journey back through time.

## **HOSTAL ATALAYA \***

Feel at home. Boasting a concierge service, this property also provides guests with a terrace.

---

[wakanalakereunion.com](http://wakanalakereunion.com)



# → Health & Safety

## 1. PREPARE YOURSELF

Weather conditions can change suddenly and you need to prepare for all kinds of weather; from burning UV sunrays and chilling-cold nights, to dust that gets in your eyes and aggravates asthma to rain and the mud that follows. Like any other camping trip, please ensure you pack warm clothes (get those woollen knits out), sunscreen, sun-smart hats and breathable clothing, appropriate footwear, insect repellent, a reliable tent and adequate bedding (check the temperature range on your sleeping bag). If you have a health condition bring your prescription medication (plus extra in case it gets lost or the seal is compromised and consider wearing a medical ID tag for the festival) and bring your own First Aid Kit. Don't forget your insulin, EpiPen, inhalers, contraception, or any other important medication when you are reliant on this!

If you do decide to have alcohol or other drugs, do so consciously. Be aware of your physical wellness, how you feel emotionally, consider the impact of existing health conditions and the medication you take and how the weather can complicate your drug experience. Make sure you are continually well-rested, fed and hydrated. Inform yourself on expected effects, safer/more pleasurable dose ranges, how to respond if there is an incident, many other risk factors and how to minimise those risks.

## 2. BE RESPONSIBLE & SAFE

You are in charge of your body. Know your own limits. Be gentle with yourself. Pushing your limits may result in a negative experience and can be dangerous. This part may come across a bit heavy, but we cannot stress enough how important this is: **USING ALCOHOL OR OTHER DRUGS IS NEVER WITHOUT RISK.** Be cautious if you choose to use alcohol or other drugs. Less = More. Be aware the highest dose is often not the most fun dose and can involve serious risks. In the current global market, drugs often contain substances other than what they are sold as with unknown effects and much higher toxicity.

**ALWAYS** ask for medical support when someone is unconscious and roll them on their side in the recovery position. **BE RESPONSIBLE, SAFE AND INFORM YOURSELF.** We cannot repeat this enough: do your research, be precise in your dosage, practice self-care always and seek help immediately when necessary.

## 3. DRINK ENOUGH BUT NOT TOO MUCH

Fluid is important to maintain a healthy body. Water intoxication and dehydration are serious risks. You can reduce such risks this by drinking enough but not too much. Alternate water with sports drinks, coconut water, beetroot juice and tomato juice. Apply the following rules:

Up to 1 drink ( = 250ml, non-alcoholic) per hour maximum when you are chilling out.

Up to 2 drinks ( = 500ml, non-alcoholic) per hour maximum when it's hot and/or you are active/dancing. Alcohol does not count as fluid intake because it causes you to pee more than you drink

#### 4. EAT EVERY FEW HOURS

Eating regularly is just as important as drinking fluids to keep you well and prevent water intoxication. Food contains electrolytes that are important to maintaining a healthy fluid balance in your body. It also contains many other nutrients to replenish those you have used when partying. Eat something regularly, even if you don't feel like it. Drink soup, beetroot juice or tomato juice when eating is difficult. Drinking coconut water and sports drinks may delay possible water intoxication slightly but will not prevent it completely. If you feel unwell, seek help early.

#### 5. COOL DOWN & CHILL OUT

Don't want to stop dancing? Of course you don't! However, cooling down is important to prevent your body from overheating. The best way to cool down is by chilling out regularly, even when you don't feel like it. Use cooling aids on pulse points + the back of your neck + groin, avoid wearing synthetic fabrics in hot weather, never continue dancing when you are not feeling well, sprinkle yourself with water and find a nice spot in the shade.

#### 6. THE MEDICAL TEAM IS YOUR FRIEND

AND SO IS THE NEST! IF YOU NEED HELP, DO NOT HESITATE! WE ARE A COMMUNITY THAT CARES FOR EACH OTHER.

Never leave someone alone unwell. Let yourself or others be checked by medical instead of trying to 'sleep it off' alone. Is someone unresponsive or unconscious? ALWAYS CALL FOR MEDICAL ASSISTANCE and apply the recovery position (ie. lay a person on their side) until help has arrived.

#### 7. DONT' DRIVE IMPAIRED!

NEVER DRINK OR TAKE OTHER DRUGS AND DRIVE. Never sit behind the wheel of a vehicle when under the influence of alcohol or other drugs, as your driving skills are impaired. Don't consider driving if you are in any way fatigued or may even have traces of drugs in your bodily fluids. When leaving the festival, make sure you are well-rested, fed, hydrated, sober and have no traces of drugs in your bodily fluids (a minimum of 24, but more often closer to 72 hours is required before being fit to drive).

#### 8. HAVE FUN







## Sponsors



## Partners



## Official Vehicle



## Green Sponsor



# Thanks