

Party survival guide

A NIGHT OUT

- Plan how to get home before going out. Have numbers for taxis, or pre book and keep aside enough money to get home safely.
- Eat before going out, or during the evening.
- If prinking/ pre-drinking watch how much is drunk, especially if sharing a bottle. Each shot of spirit is a unit, a can of beer is 2 units on average. Wine is 2 units or more a glass.
- Avoid getting involved in a round or limit rounds to 2 or 3 friends, otherwise it gets very expensive and people feel pressured to drink larger quantities and more quickly.
- Drink water and non-alcoholic drinks regularly to stay refreshed and hydrated - bars have to offer free tap water.
- Never leave drinks unattended - someone might spike them, with more alcohol, or drugs.
- Don't accept drinks from strangers or people you don't know well.
- Look out for friends and make sure they look out for you.

See talkaboutalcohol.com for more information.



FESTIVALS

Festivals are weird, as it feels like one big party where everyone knows and can trust each other – but, of course, they can't. People can end up in groups with complete strangers or much older people. This advice below can help everyone to have a great time and stay safer:

- Take a cheap pay as you go phone and a solar or wind up charger and leaving any expensive kit at home.
- Take plenty of sun cream, hats, wellies and a waterproof.
- Alcohol is dehydrating so if it's hot, keep up water intake and remembering the sun cream is key.
- Load up with as much light nutritious food as possible, like cereal bars, dried fruit and nuts. Frozen milk, cereal, bread, tinned tuna and frozen soft drinks really help save on high food and drink costs on site and keeps other stuff cool for a while. A trolley or fold up wheel barrow is great for this!
- Although it's a party atmosphere, resist the temptation to try things offered by 'new friends'.
- Stick with reliable friends, arranging regular meet up times during the day and evening.





SAFER HOLIDAYS

If going away for sun, sea and fun or adventure remembering these simple tips for anyone choosing to drink alcohol will make for a better trip:

- If travelling by air, especially on long flights avoid being tempted to drink too much as both alcohol and altitude are dehydrating. Airlines can also refuse to take passengers who are drunk.
- Because alcohol is dehydrating, and the heat of the sun makes it worse, drink at least a litre of water a day.
- Don't let drink lead anyone into risky situations, with strangers, swimming pools or unknown places.
- Be aware that bars abroad often serve larger measures of spirits than at home so just two vodkas could be the same as four or five in the UK.
- When relaxing in a beer garden, on the beach, or at a BBQ, lather on the sun lotion. A combination of hangover and sunburn is enough to spoil anyone's holiday.
- In some countries, alcohol is restricted or banned (areas in Asia, India and Africa, for example). Checking before travelling, and respecting local laws and customs will help prevent any trouble.
- Many insurance companies won't pay up if someone has had an accident after drinking too much while abroad.
- Check drink drive limits if driving as they may be lower. Most of Europe has a standard BAC limit of 0.05, although in Sweden it is 0.02 and in Hungary zero. However, the majority of EU countries have lower limits specifically for novice drivers and in the US it is illegal to have any alcohol in the blood if driving and under the age of 21.
- Some countries have different legal drinking ages - in the US it's age 21. Again, checking before travelling is a good idea.