

✨ FREQUENCY - packing list ✨

(No guarantee of completeness)

🏕️ CAMPING

- ☐ Tent/tent poles (important!!!)
- ☐ Waterproof tent canvas / picnic blanket - cloth that can be used to provide shade
- ☐ Pavilion + pegs and safety cords
- ☐ Sleeping mat or other tent underlay/air pump
- ☐ Sleeping bag / blanket (it gets cold at night) / cushion
- ☐ Camping table
- ☐ Camping chair **FQ recommends: Put it in your tent at night. :)**
- ☐ Solar light chain / flashlight / lighting
- ☐ Food and drinks (plenty of water!): Please note that camping stoves and GLASS are not permitted. **FQ recommends: There is also a supermarket on site where you can pre-order beer and water via your cashless account.**
- ☐ Plastic camping tableware (plates, cups, cutlery)
- ☐ Tape
- ☐ Maybe a cool box with ice packs: lasts several days depending on the weather
- ☐ large power bank / charging cable
- ☐ Foldable water canisters
- ☐ Sponges, dish soap, and if necessary, a tub for washing dishes
- ☐ Tea towel
- ☐ Additional garbage bags, also suitable as rain protection, for example for packing things / bags for cans **FQ recommends: You can return deposit cans at two locations on site, but this only applies to PET bottles and cans with the Austrian deposit symbol.**
- ☐ Food that does not need to be cooked **FQ recommends: Don't forget water and non-alcoholic beverages! If you run out of snacks while you're there, you can get some at the supermarket.**

- ☐ Games (for example Uno)



FOR THE BELLY BAG / CORE AREA - Bags up to A4 size are permitted.

- ☐ Disinfectants / Cleaning wipes
- ☐ Tissues
- ☐ Sunscreen (small and not spray-on, these will be confiscated)
- ☐ Plastic roll-on deodorant (not spray-on, these will be confiscated)
- ☐ Sunglasses / Hat
- ☐ **Foldable drinking bottle !! FQ recommends: You can refill them for free at several locations on the grounds. You can find the locations in the FQ Festival app.**
- ☐ Rain poncho / rain jacket
- ☐ Small Powerbank **FQ recommends: You can also borrow power banks on site. You can find the locations in the festival app.**
- ☐ Handy **FQ recommends: Download the FQ Festival app so you can check the timetable anytime.**
- ☐ Hearing protection **FQ recommends: If you forget your hearing protection or need new ones, stop by the Alpine booths on site.**



CLOTHING - Get ready for any weather!

- ☐ For sunshine: Don't forget sunscreen, swimwear, shoes for the Traisen
- ☐ For rain: rain jacket, rain pants, waterproof shoes/rubber boots
- ☐ Underwear
- ☐ Socks
- ☐ Spare shoes
- ☐ Sweaters / Long-sleeved shirts
- ☐ Long and short pants (sweatpants/leggings for the night, it might get cold)
- ☐ T-Shirts **FQ recommends: If you run out of clothes, you can pick up one of our beautiful merch items in the core area!**

- ☐ Bandana/headgear in general – can never hurt (effective against sun and cold)
- ☐ *Sports bras
 - * Tank-Tops

HYGIENE/MEDICATION

- ☐ Towels
- ☐ Shower gel, toothbrush, toothpaste
- ☐ Soap
- ☐ Deodorant
- ☐ Brush/comb
- ☐ Toilet paper
- ☐ Medications: painkillers, first aid kit (available at drugstores), bandages, electrolytes, etc. **FQ recommends: If you have medication that needs to be refrigerated, you can take it to the Red Cross, and they will refrigerate it for you.**
- ☐ Insect repellent / mosquito spray
- ☐ Blister plasters, shoe inserts **FQ recommends: They're great when you're on your feet for long periods of time and walk around a lot!**
- ☐ Moisturizing cream for lips and/or face
- ☐ Wet cleaning wipes
- ☐ GLITTER!!!!
- ☐ (Large) sunscreen + after-sun gel
- ☐ Waterproof bag for shower cabins
 - * Menstrual products
 - * Contact lenses
 - * Contraceptive products (**FQ recommends:** Condoms are available at the supermarket.)
 - * Dry shampoo / Hair ties
 - * Makeup products / Makeup removers **FQ recommends:** Maybelline has set up “style pagodas” in the main area where you can get a free touch-up.

* Cleaning products for piercings

OTHER

- ☐ Festival ticket (cashless account alone is NOT sufficient!)
- ☐ Photo ID (driver's license, etc. is fine; does not have to be a passport) / E-card
- ☐ Climate ticket / Special train ticket(s) / Other tickets for public transport
- ☐ Cash (about 40 euros) **FQ recommends: The shuttle bus from the train station to the festival grounds must be paid for in cash, also early camping if you have not already paid for these via your cashless account.**
- ☐ Mobile phone charging cable
- ☐ Chewing gum
- ☐ Ball (Flunkyball, Beerpong), Pens (Edding)
- ☐ (Car) keys

 **ATTENTION: YOU ARE NOT ALLOWED TO TAKE THIS WITH YOU (EXCERPT):**

- ☐ Camping stove / gas stove
- ☐ Large music boxes
- ☐ Pavilions are not permitted for carping, tent hotels, or glamping.
- ☐ Dry ice
- ☐ Glass
- ☐ Drugs
- ☐ Bulky waste or bulky items (for example couches, beer benches, refrigerators, etc.)

→ **You can find the complete house rules on our webseite in the FAQ's!**