

✨ 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/trash disposal 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.)

→ Here you can find the complete house rules:

[House-Rules-FM4-Frequency-Festihttps://www.frequency.at/wp-content/uploads/sites/2/House-Rules-FM4-Frequency-Festival.pdf](https://www.frequency.at/wp-content/uploads/sites/2/House-Rules-FM4-Frequency-Festival.pdf)