

# Meredith

SUPERNATURAL AMPHITHEATRE  
DECEMBER 13, 14 & 15, 2019



## Pocket Companion

Thank you for being part of Meredith 2019. Pocket Companion is designed to help make your time here smooth and enjoyable.

**\* PLEASE LOOK AFTER YOURSELF AND OTHERS –** the Meredith Supernatural Amphitheatre can feel like a sovereign dominion, but the same laws that apply outside its boundaries apply within them. Similarly, the laws of the human body are no different here than anywhere else. Rest and rehydrate. Pace yourself. Do not mix drugs and do not use them on your own. If you are feeling unwell, tell someone.

**\* NO FIRES –** it's a Total Fire Ban day and night.

**\* NO GLASS –** don't bring any glass at all. In order to look after the animals that call this farm home, all glass will be confiscated.

**\* GET PREPARED –** check the forecast before you leave and bring ample clothes for all seasons and plenty of warm bedding. Nights will be cold and there's a chance of showers Saturday and Sunday. No thongs – the #1 treated injury on the First Aid Hit Parade is cut feet: can't dance to that. And cover up and slip slop slap.

Asthmatics and allergy sufferers, please go to First Aid early if you have concerns. For those of you prone to hay fever, it's been hitting the crew reasonably hard the past few weeks, so start preparing now. To repel mozzies, pack an effective repellent that contains deet or picaridin. If you have a viral or bacterial illness, please take one for the team and stay home to keep from infecting others.

Follow our Directions to get here, drive safely and be good in town. To camp together, arrive together – in convoy.

The one and only stage lets loose from 3:15pm Friday with the Smoking Ceremony and Welcome to Country.

Read on carefully, even if you have flown with us before. Go to [mmf.com.au](http://mmf.com.au) for Every Thing.

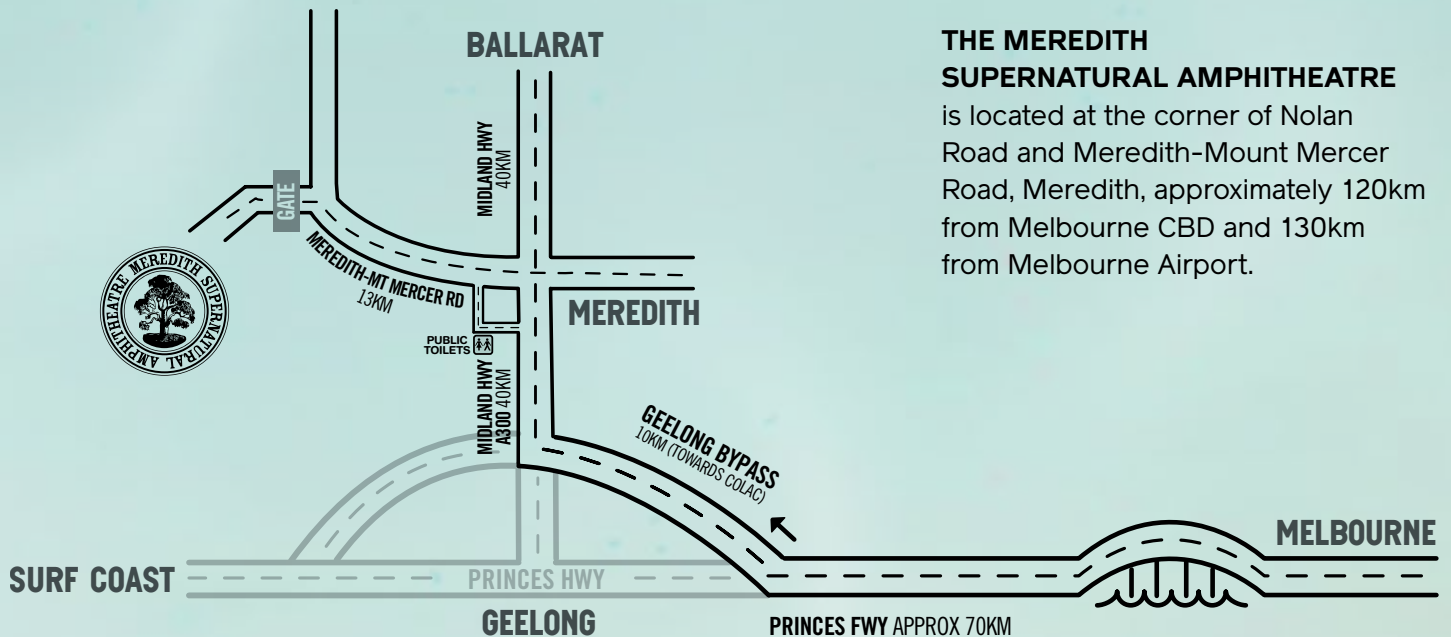
I very much look forward to The Pleasure of Your Company,

and the Supernatural Custodians

**FRIENDS COMING? PLEASE FORWARD THIS ON TO THEM TOO.**

# How To Get There

**GATES OPEN AT 8AM ON FRIDAY.  
PLEASE DON'T COME EARLIER – ROADBLOCKS ARE IN PLACE.**



**THE MEREDITH  
SUPERNATURAL AMPHITHEATRE**  
is located at the corner of Nolan  
Road and Meredith-Mount Mercer  
Road, Meredith, approximately 120km  
from Melbourne CBD and 130km  
from Melbourne Airport.

## DRIVING FROM MELBOURNE

From Melbourne, take the Princes Fwy (M1) towards Geelong.

As you approach Geelong, keep right to stay on the Geelong Bypass, following the signs to Colac.

Travel on the Geelong Bypass for about 10km and then take the Ballarat Exit A300.

Turn right onto the Midland Hwy (A300) and head towards Ballarat for about 40km until you get to Meredith.

At Meredith, turn left after the service station. This is Meredith-Mount Mercer Road.

The Sup' is approximately 13km along this road.\*

## DRIVING FROM GEELONG AND SURF COAST

From Geelong, take the Midland Hwy (A300) and head towards Ballarat for about 40km until you get to Meredith.

At Meredith, turn left after the service station. This is Meredith-Mount Mercer Road.

The Sup' is approximately 13km along this road.\*

## DRIVING FROM BALLARAT

From Ballarat, take the Midland Hwy (A300) and head towards Geelong for about 40km until you get to Meredith.

Turn right after the corner pub in Meredith. This is Meredith-Mount Mercer Rd.

The Sup' is approximately 13km along this road.\*

## BE GOOD IN TOWN

Please respect the fine township of Meredith, our gracious hosts, and be good if you stop in town. Observe traffic rules – don't overtake. Don't litter, swear, have a sneaky wee on a fence, etc. You know, don't be a dickhead.

## GET THERE AND BACK SAFELY

We respect the work of Victoria Police who set up booze and drug testing buses before and after. Getting home safely is part of going. If you take drugs, do not drive. Many drugs can stay in your system for over a week. NEVER drive under the influence. ALWAYS designate a driver. On Sunday, the TAC will be providing FREE breath tests at all the Helper Huts in the campgrounds, at Helper Hut Central, and at Reception. Get a breath test before getting behind the wheel. Simple and effective.

## DRIVERS

During and after entry, drive slower than walking pace (5 km/h or less). Park safely at camp and do not drive again until you leave. Park perpendicular to any slope (across it rather than up or down). Triple-check that your handbrake is on. NEVER REVERSE. Always check under and around your vehicle before moving it. If you need to leave early, park in the public car park (near Reception). Take the MSA shuttle (which departs from the Reception Bus Stop) to town and back, or check out Heaven Eleven (next to Helper Hut Central) – they sell things you forgot. Zero tolerance for dickheads behind the wheel.

## REMEMBER

- There is no reserving campsites, so if you want to camp together, arrive together in convoy.
- Put your wristband on (not too tight) as you head to the festival, and leave it on for the duration, until you are out the gate at the end.
- Anyone without a valid wristband will be regarded as a trespasser and handed over to the Police. Trespassers will be charged and subject to substantial fines. Entry will be refused to all occupants of any vehicle assisting a trespasser.

**\*On the Friday, this might take up to 60 minutes as there are holding bays in place to ensure safe and steady traffic flow.**

# Bring:

## GETTING THERE ESSENTIALS

- ☐ This Pocket Companion. Print now or save to your device for offline viewing.
- ☐ A designated driver for Friday.
- ☐ A designated driver for Sunday. Plan ahead.
- ☐ Public transport is a good option.
- ☐ A convoy plan. Reserving campsites is not permitted. Arrive together to camp together. If your friends can't turn up when you do, just make new ones.
- ☐ Your ticket. The wristband is your ticket. It gets you in, around and out. Double-check you have it now. Put it on as you leave home. Keep it on at all times whilst here.

## CAMPSITE ESSENTIALS

- ☐ A reusable drink bottle, for filling up at any of the 15 free drinking water locations.
- ☐ No glass at all. Plastic or cans only. No bottles of any kind (including beer, wine, champagne), jars of any kind (including salsa and vegemite), containers, mirrors, mirror balls or perfume. All glass will be confiscated and we are no longer able to return such items.
- ☐ A good tent (or caravan, campervan, etc.) – waterproof shelter, in good repair, so you can rest well in all weather conditions.
- ☐ Weights to hold down the interior corners of your tent. Keep your campsite secure from wind.
- ☐ Lots of long tent pegs, a mallet, camp chair, rug or blanket and plenty of ropes to take any furniture back home. Maybe a tarp.
- ☐ Lots of warm bedding, doonas, sleeping bag, blankets – nights get real cold, even if days are hot.
- ☐ Pillows, camping mattress (air pump if required).
- ☐ Torch/camplight – strap-on headlamps are good. Battery-powered camp lantern.
- ☐ Tent marker like a flag, or similar, on a pole. Tents all look the same.
- ☐ Bulk drinking water – free drinking water is available on-site but bring a big (eg. 10 litre) refillable container for drinking, washing, cleaning, brushing your teeth, etc.
- ☐ The foresight and stamina to pack up and take all your shit home with you again.
- ☐ Snacks – in non-glass, reusable containers. Please decant/transfer things like salsa, sauce and vegemite from their original glass packaging.

## PERSONAL ESSENTIALS

- ☐ Multiple pairs of good sensible shoes – ideally boots – and lots of socks. Thongs and sandals don't work. Pack gumboots too.
- ☐ A sturdy waterproof raincoat with hood and a big bag of spare warm and waterproof clothes and boots (jumpers, thermals, beanie, gloves).
- ☐ Any medication you need – there is no pharmacy on site. If you have a chronic condition or illness (including asthma, diabetes, epilepsy) and/or allergies, please come prepared with your medication and present to First Aid early if you are concerned or experiencing difficulty. If you suffer from hay fever, come prepared with your regular medication. Carry emergency contact numbers and information regarding your condition at all times.
- ☐ If you have an allergy or medical condition, have a buddy system in place so there is at least one person aware of your situation, and register your ticket at [mmf.com.au/register](http://mmf.com.au/register) or at First Aid when you arrive.
- ☐ Sunglasses, sunblock, sun hat, long sleeve shirts and long pants for sun protection.
- ☐ Valid form of photo ID if you wish to enter bars and licensed areas. Carry it at all times, even if you are 73.
- ☐ Toiletries – toothbrush, toothpaste, biodegradable shampoo, soap for hot showers, condoms, deodorant, tissues, sanitary items, towel, wash cloth, etc. Please don't bring baby wipes.
- ☐ First aid kit – band-aids, headache and hangover relief, insect repellent (with deet or picaridin to repel mozzies), lip balm, earplugs, pain relief for bites and stings, instant cold/hot pack.
- ☐ Card and/or cash. Most places now accept card as well as cash, including the Gift Shoppe, all bars and all food stalls. There is an ATM on site.
- ☐ Mobile phone – there are no landline public phones on site. There are public phones in the town of Meredith, 10 minutes drive from the site. Coverage on the farm is improving all the time but you may have to go to the highest part of the site to get a signal. Bring a spare charged battery, power bank or solar charger if you have one.
- ☐ Save the 24 hour Helper Hotline number to your phone to call or SMS for assistance – 0430 091 120 (it's on your wristband). You and your guests can register your tickets and in-case-of-emergency contact numbers if you wish – [mmf.com.au/register](http://mmf.com.au/register).
- ☐ Download the free Emergency Plus App. The app uses GPS functionality to help staff and emergency services locate you.
- ☐ Maybe bring something to read, something to play – not bongos! (see banned items below)

There are some things you can't bring, including: glass, commercial signage, gas bottles, animals, and things that block views in the Amphitheatre. You can bring things-on-sticks, but they must be narrower than your average head of cauliflower.

[Banned items](#) and the [terms, conditions](#) and [policies](#) are viewable at [mmf.com.au](http://mmf.com.au).

## CAUTION FIRE WARNING

**NO FIRES. TOTAL FIRE BAN DAY AND NIGHT, NO MATTER WHAT THE WEATHER.**

- No gas bottles, gas kegs, candles, lanterns, cooking equipment, BBQs, generators, fireworks, sparklers or lasers. You can cloak and/or discard all banned items at Reception and your nearest Helper Hut (a much better option than having your stuff confiscated by staff).
- Keep all internal roads clear for emergency vehicles. And by clear we don't mean kinda clear, or mostly clear. If it doesn't fit, park it elsewhere. Please do not park ANY part of your vehicle on ANY road. If you do, it will be towed.
- Cigarettes – ensure butts are 100% extinguished. Butt 'em out, pick 'em up, put 'em in the bin. It's real easy.
- Avoid setting up next to vehicle exhaust.
- Keep your campsite free of flammable material and rubbish.
- Don't leave your vehicle running longer than necessary.
- Free drinking water tanks in the food courts, at the showers and in the campgrounds can be used for campsite bulk water refills.



# How To Get Help

## EVERYONE CAN ACCESS APPROPRIATE PROFESSIONAL HELP AND WELFARE 24 HOURS

Victoria Police, Ambulance Victoria, Doctors, Welfare, Helpers, Private Security and Public Safety Officers are available on-site. Together, our priority is to listen without judgement and encourage appropriate professional help for immediate and ongoing care.



### HOW TO ACCESS HELP OR WELFARE 24 HOURS

- Visit your nearest Helper Hut or Helper Hut Central
- Call or text the Helper Hotline on 0430 091 120 (it's on your wristband)
  - Email Aunty: [auntym@mmf.com.au](mailto:auntym@mmf.com.au)
- Contact the Helpdesk (it's anonymous): [helpdesk.mmf.com.au](https://helpdesk.mmf.com.au)
  - Visit First Aid/Welfare or Police, to the right of the stage
- Emergency Services request that you not use social media to report an incident or emergency
- Download [Safety Information](#) from the website, which includes contacts for off-site support

**LOOK AFTER YOURSELF AND OTHERS. IF YOU SEE SOMEONE WHO IS OBVIOUSLY UNWELL, PLEASE ALERT US IMMEDIATELY.**





# Please Look After Yourself And Others

We want you to have the best possible time. The time of your life. We also want your friends and the people around you to have a great time. Please don't stuff that up by being irresponsible for your wellbeing.

- Rest and rehydrate. Meredith goes for three days. Pace yourself and enjoy it all. Take regular drinks of water.
- If you are intending to take drugs or drink alcohol, please take these things into consideration:
- Never source drugs at Meredith.
- Mixing two or more drugs (polydrug use) greatly increases the possibility of overdose or accidents, even if taken hours apart. Please be mindful that many fatal overdoses involve the use of more than one type of drug. Polydrug use can include the use of alcohol, illegal drugs, prescription drugs and over-the-counter medications.
- Do not use drugs on your own.
- If you or someone near you is feeling unwell, immediately alert our staff, a Helper Hut, security, or the First Aid/Welfare team (to the far right of the stage). If you or a friend have taken drugs and are in need of medical attention, medical staff are not obliged to involve anyone else, including the Police. So don't be afraid to go to First Aid/Welfare. The team is not here to judge you, they are here to help you. So be honest with them. Everyone can access appropriate professional help during the weekend.
- Drug education information is available from all Helper Huts and First Aid/Welfare.
- For anonymous, confidential and accessible information about particular drugs, you can use the Alcohol and Drug Foundation's free 'Text the Effects' SMS service 24/7. Simply text the name of the drug you want to know about to: 0439 TELL ME (0439 835 563). You can also contact DirectLine, which provides free confidential alcohol and drug counselling and referral 24/7, on 1800 888 236.
- If you have a viral or bacterial illness please stay at home, to keep from infecting others.
- Please wash your hands.
- Trees can, like us, break. Take care when camping under them and definitely don't climb them.
- For your safety please always stay within the boundaries, familiarise yourself with the map grid reference of your campsite, the location of your local Helper Hut and the emergency assembly areas.
- Please notify our staff if you see something you think is unsafe or might need attention.
- Have a buddy system in place with a trusted mate. Check in regularly with each other, especially if you or a friend have an illness or allergy.

## The No Dickhead Policy

Is really about us showing each other common courtesies. It began in the early 90s when it became clear Meredith-goers liked the lack of dickhead behaviour.



**SO,  
PLEASE:**

**NEVER** – any aggressive behaviour, harassment, intoxicated drivers, driving faster than walking pace, swimming in dams or elsewhere, glass or lawbreaking.

**IN THE AMPHITHEATRE** – no stage diving, crowd surfing, shoulder rides, moshing or blocking views with raised couches, things-on-sticks (ok if narrow) or big cameras.

**IN THE CAMPGROUNDS** – no reserving campsites, super-messy campsites, loud or offensive tunes or leaving furniture and crap behind for landfill.

**CONSENT** – not being a dickhead includes respecting consent. Consent is when someone freely agrees to something. Someone can only consent if they are coherent and able to express their thoughts in a clear and calm way. Silence is not consent. Once consent is given it can be withdrawn at any time.

If you think you've spotted someone being a dickhead, politely let them or one of their friends know. Sometimes it's good people making mistakes. If one of your friends is being a dickhead, get them to pull their head in.

## THANK YOU FOR UPHOLDING THIS TRADITION