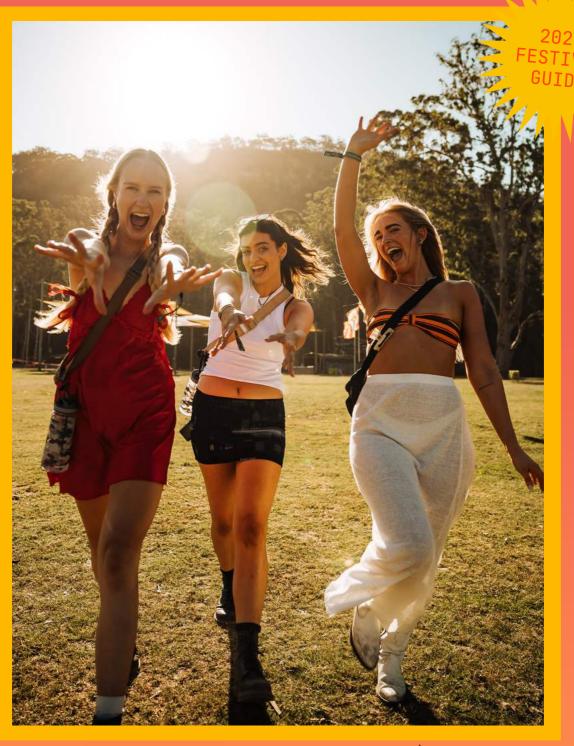


FESTIVAL GUIDE

















Welcome to Lost Paradise 2023!

The following info guide has **everything you need to know** to make your experience as smooth, memorable and enjoyable as possible. Please **read it carefully**.

We look forward to having a remarkable time with you all.

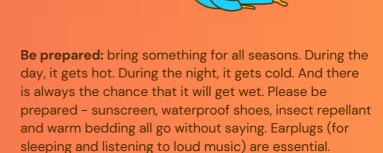


Leave no trace: you must take home everything you bring with you. Every item you leave behind literally turns into waste. Glenworth Valley is a beautiful farm and a home to animals and a family – not a place to leave your shit.

Look after yourself and others: get familiar with the help available and don't leave asking for help until it's too late. Lost Paradise might feel like an alternate reality, but the limits of the human body still apply. Pace yourself. Stay hydrated. Rest when you need to and eat something regularly. Do not mix drugs and do not use them on your own. If you are feeling unwell at all, tell someone.

No pass outs: leave anytime, but you cannot return to Paradise once you exit through the gates.





No glass, no single-use plastics: at all. This includes mirrors (we don't want to confiscate them!). If you want dip with your chips, decant it into a reusable container.

Asthmatic or using regular medication? Make a list and

pack everything you need. There is no pharmacy on site.

No fires or flammable objects: it's a total fire ban day and night. This includes cooking equipment. There are plenty of food options available within the festival site catering for all dietary requirements.

We have a strict no dickhead policy. Lost Paradise is a space for everyone – aggressive behaviour and harassment will not be tolerated and will result in removal from the event.

FRIENDS COMING? PLEASE FORWARD THIS GUIDE TO THEM.

TAKE RADICAL RESPONSIBILITY

At Lost Paradise, we encourage you to TAKE RADICAL RESPONSIBILITY.

RADICAL RESPONSIBILITY is:

KNOW YOUR LIMIT

We are all adults at Lost Paradise. Take care of yourself - don't force your mates to take care of you.

No one knows your limits better than you.

While we'll always encourage taking care of your mates, no one wants their New Year ruined by being forced to take care of you – especially if it's self-inflicted and easily avoided.

DON'T push beyond your limit. DON'T become someone else's problem. DON'T ruin NYE for your friends.

Take RADICAL RESPONSIBILITY – look after yourself and know your limits. Take a break. Drink some water. Seek shade. Be present. Eat something every few hours. Be kind to yourself and your body. Don't rush, then end up missing out altogether. While we're all excited ring in 2024 together, but please don't let that excitement – or your mate's excitement – push you beyond your comfort zone.

Look out for number one: yourself. If everyone follows this simple idea, we'll all have a great time at Lost Paradise – and arrive home safely to do it all again next year.

RESPECT THE ENVIRONMENT

Lost Paradise takes place on a picturesque slice of the great Australian bush, Glenworth Valley. The venue is home to all manner of fauna, flora, friends and a family who kindly welcome us into their home year after year.

While we as festival organisers have undertaken a number of efforts to help minimise our impact on the Valley, we can't do it alone. It's everyone's responsibility to ensure Paradise stays clean and green. In short; **the environment deserves your respect.**

This means: taking everything you brought home with you (especially your tent!). Use the recycling bins. Avoid cheap and nasty camp gear. Plastic sucks, we'd prefer you don't bring it (even better - don't buy it). Bin it, don't be a tosser. Leave no trace. Keep your campsite clean. And gently call out your mates, your neighbours or a stranger you catch not doing their part.

We are doing all we can as festival organisers, but we can't do it alone. Deep down we all know the right thing to do when it comes to respecting the environment. Leave Lost Paradise with your head held high knowing you did all you could to lessen your impact.

We all live on the same planet - take RADICAL RESPONSIBILITY and do your part.







TAKE RADICAL RESPONSIBILITY

• BE A POSITIVE CONTRIBUTOR



Lost Paradise is a community of people who come together once a year for a shared, positive experience.

Your participation is as vital as the artists and performers, teachers and team behind the scenes.

This is a place for self-expression, for inclusivity, for kindness. For connecting, experiencing and learning from one another. We applied each and every one of you for being exactly who you are.

This is not a place for judgement or intolerance, egos or dickhead behaviour.

Help a neighbour with their tent. Share some water on the dance floor. Ask if someone needs help. Have a yarn with a stranger. Respect personal space. Be open, communicative and friendly. Practice safe sex and ensure consent is mutual. Speak up and tell a mate if they're taking things too far. Be the person that makes someone else's day and don't infringe on another's experience if it's unwelcomed.

This is a coming together of like-minded individuals, all of whom share common interests. Friends don't let friends be dickheads. Take RADICAL RESPONSIBILITY and ensure you are playing a positive role in our special community.

• THE PARADISIAN PLEDGE

I WILL ENSURE OUR SLICE OF PARADISE REMAINS *SAFE*, *GREEN* AND *CLEAN*.

I WILL ACTIVELY RESPECT MYSELF, OTHERS, AND PROTECT THE LAND UPON WHICH WE CELEBRATE.



GETTING HERE

Address: Glenworth Valley Horse Riding, Cooks Road, NSW



Please note: we have a new main entry for 2023, and a separate entry for Uber / Drop off.

DRIVING - Entry via Gate 1 (Polins Road, turn off Peats Ridge Road)

If you are driving, you'll have to <u>purchase a Parking Pass</u> and park in the carpark, which is no more than a 5-10 minute walk from the campsite and amenities.

We encourage carpooling to split the car pass cost and help us reduce CO2 emissions.

Parking Passes are split into AM and PM arrival times to help mitigate congestion as you enter the site:

- AM Car Passes will be allowed to enter the festival between 8am 12pm daily.
- PM Car Passes will be allowed to enter the site between 12pm 8pm daily.

Please respect the time listed on your Parking Pass to ensure the smoothest possible entry into Lost Paradise.

Please anticipate that there will likely be traffic – often up to an hour or more – when entering through the gates. We kindly ask for your patience as we work to get you all inside as quickly as possible.

PUBLIC TRANSPORT / TAXI / UBER Entry via Gate 2 (Cooks Road, turn off Peats Ridge Road)

The drop-off area is located at the top of the valley. A Lost Paradise shuttle will be available to take you down the hill (and up again on January 1) for \$10 each way.

Credit/debit card payments will be available on the bus.

Remember: there are no pass outs at Lost Paradise.

COACH

Take the stress out of getting to and from the festival by booking an <u>official Lost Paradise coach</u> with Busfleet.

Coaches run directly to and from the festival, with pickup/dropoff locations at Central Station, Bondi Junction, Hornsby and Gosford.

Got a crew? Private buses to and from the festival for groups of 10+ are also available. Reserve your spot here.

ONCE YOU GET HERE

ENTRY INTO LOST PARADISE

Gate entry hours will operate at the following times:

• Dec 28: 8am until 8pm

• Dec 29: 8am until 8pm

• Dec 30: 9am until 8pm

• Dec 31: 9am until 6pm

There is strictly <u>NO</u> entry outside of these times (this includes all guestlist tickets).

You are welcome to leave the festival site at any time during your stay but please remember there are <u>NO</u> <u>pass outs</u>. Once you leave, you cannot re-enter the festival.

At 2pm on January 1, the festival site will close to all attendees. Please ensure you vacate the site with all of your belongings by this time. Some food vendors and other basic necessities will be open until this time.

Getting home safely is part of your Lost Paradise journey. Planning to have a big weekend? **NEVER** drive under the influence and **ALWAYS** designate a driver. It's never too early to plan how you'll get home safely after the event.

Blow Me First will provide a breathalyzer and drug test service to check if you are safe to drive. Find them located in **Lost Village**, inside the festival site.

If you are still over the limit come 2pm on January 1, we will not force you to leave (although the rest of the festival will be closed). Your safety is the most important thing to us. Please sober up, using this time to ensure your campsite is fully packed up. Then leave when it is safe for you to do so.

Please note that the NSW Police will have a presence at the entry and exit of Lost Paradise. <u>All vehicles</u> entering the festival will be subject to a search by security and/or police.

PASS OUTS / LEAVING EARLY

There are <u>NO pass outs</u> at Lost Paradise. Leave anytime, but you cannot return once you exit the gates.

Once you have entered the site and parked your vehicle, you cannot move it again unless you are departing the festival site.

All car parks have been designed to allow you to leave the festival whenever you need to do so.

All tickets to Lost Paradise include **complimentary GA camping access**.

Camping with friends? Campsites can't be reserved. Drive together to camp together. We advise driving in a convoy together, there are no waiting bays on the way into the festival.

CAR & SLEEP-IN-VEHICLE PASSES

When arriving in your car, please ensure you have your <u>Parking Pass</u> ticket downloaded and ready to present at the gate.

This will be exchanged for a sticker to be displayed on your windshield throughout your stay. You will be asked to write your mobile number so we can contact you in case of an emergency.

Please respect the time listed on your Car Pass to ensure the smoothest possible entry into Lost Paradise (times listed on the previous page).

All vehicles entering the site will be parked in a car park that is accessible to patrons for the duration of the event.

Please note:

- There is no direct car access to the campsite (the site is not set up for it) i.e: no parking by your tent, and no temporary parking to unload your gear. Be prepared and consider bringing a camping trolley if you're concerned about unloading/packing up your camp gear.
- For security reasons, sleeping in vehicles is not permitted in the car park or any area of the festival other than the Sleep-In-Vehicle Section (for which a <u>Sleep-In-Vehicle Pass</u> is required - these are sold out, but you can join the waitlist).

Check out our official <u>Lost Paradise App</u> to see the festival map and get an idea of the distance between each campground and its corresponding car park.

SLEEPING IN YOUR VEHICLE

For the safety of all guests there are NO tents allowed in the Sleep-In-Vehicle area, which is reserved only for vehicles designed to be slept in such as caravans, camper trailers, vans, RVs, etc. Similarly, no sedans or motorbikes will be allowed in this area.



WHAT TO BRING

GETTING HERE

A designated driver. Plan ahead. Your ticket. Double and triple-check you've got it - there is limited reception on site, so download or print it before you get here.	
Valid form of photo ID. Not only will you need the below Identification to get through the festival gates, the Lost Paradise entertainment precinct is a licensed area and you may be required to produce ID again to	
purchase alcohol. Lost Paradise will only accept the following forms of Identification: • Current valid Australian driver's license (with photo)	
Current PassportGovernment Issued Proof of Age CardVictorian Keypass	
 International Driver's License (must contain a photograph) A convoy plan. Reserving campsites is not permitted. 	
Arrive together to camp together. CAMPSITE	
A reusable drink bottle . Free water stations will be placed throughout the entire site and free drinking water is available at all bars.	
Camping gear - tent, camp chairs, sleeping bag, etc. Keep it light, it's essential that you take everything you bring home with you.	
Torch/camplight - strap-on headlamps are good. Battery-powered camp lantern for your tent.	
There is no power in the campgrounds . If you need your phone, bring a portable charger. Drinking water container(s) – free drinking water is	
available onsite (new in 2023: chilled water stations!). Bring a bottle and a big (eg. 10 litre) refillable container	
for drinking, washing, cleaning, brushing your teeth, etc. Snacks – in non-glass, reusable containers. Bringing dip? Decant it into non-glass containers ahead of your arrival. There is no glass permitted on site – this	
includes food items (and mirrors!). Bin bags to place your campsite rubbish into – a) Recyclable, b) Compost (food scraps – stuff that is compostable!) and c) General waste.	
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GENERAL STORE

Forget something? Lost Paradise will operate a general store, located in the Event Centre, that will sell basics and camping necessities. Sorry, **no tobacco** available on-site.

You'll also be able to buy ice, grab more bin bags and drop your waste at the campground hubs, located in each camping area.

PERSONAL

Money on your credit/debit card for food, drinks,
merch, etc. We are 100% cashless this year - our bars
and vendors will only take card payments throughout
the duration of the festival. Please ensure you have
your physical card (in case your phone dies) and
plenty of money available in your account as reception
is patchy at best. Cash will not be accepted by any
vendors at the event.
Any medication you need - if you have a chronic
condition, illness and/or allergies, please come
prepared with your medication and present to Medical
early if you are concerned or experiencing difficulty.

If you do have an allergy or medical condition, have a **buddy system** in place so there is at least one person aware of your situation.

☐ Be prepared for it to get hot! Bring sunglasses, sunblock, sun hat, long sleeve shirts and long pants for sun protection.

Actually - be prepared for all conditions. Good shoes, waterproof rain jacket, and warmer clothes for the night.

Warm bedding - doonas, sleeping bags, blankets. It gets cold at night, even if it's hot during the day.

■ Earplugs - essential for a good night's sleep. Great for listening to loud music all day, too.

First aid kit – band-aids, headache and hangover relief, insect repellent, lip balm, earplugs, pain relief for bites and stings, instant cold/hot pack.

Toiletries – toothbrush, toothpaste, biodegradable shampoo, soap for hot showers, condoms, deodorant, tissues, sanitary items, towel, wash cloth, etc.

☐ If you would like, bring a **yoga mat** for the Shambhala Fields Yoga Classes - although this is not essential.

Rapid Antigen Tests and masks - in case you come down with COVID symptoms.

Sensible shoes. While we don't require closed-toed shoes at the festival, please be aware that feet are the most treated injury at any festival site. Take it from us getting stepped on hurts.

Something to **bin your butts.** Lost Paradise operates in the middle of the Australian summer, so make sure you properly extinguish any cigarette butts and please dispose of your butts respectfully. Leave no trace!

Download the festival app for access to the personalised set time planner, 3D festival map, to connect and chat with other festival go'ers, and to mark meeting spots on the map.

The **stamina** necessary to pack up all your shit and take it home with you.







BANNED - ENTIRE FESTIVAL (CAMPGROUND & FESTIVAL AREA)

These items aren't allowed into Lost Paradise at all. Prohibited items will be confiscated at the security gate. Lost Paradise takes no responsibility for confiscated items.

- No fires there's a total fire ban day and night. Gas stoves, BBQs, fireworks, sparklers, campfires, fire-twirling paraphernalia, flares, etc are not permitted. If you light a campfire you will be removed from the site and may be the subject of police action.
- Alcohol (we are <u>not</u> BYO) or illegal drugs.
- Glass this includes mirrors, wine glasses, jars, or any other containers or items made of glass.
- Weapons of any kind, laser lights, or any other items considered illegal or dangerous.
- Single-use plastic honestly, don't even buy it. You know better.

- Animals (other than service animals).
- Professional cameras, video or recording equipment (phones & small still cameras ARE allowed). Unauthorized or prohibited photography may result in images being deleted by security staff.
- Umbrellas (bring a poncho or a raincoat instead).
- Generators.
- Skateboards, bikes, boogie boards, couches, inflatables, water pistols, studded items (i.e. belts, wristbands etc.) are **BANNED**, as is anything you are likely to leave behind.
- Glitter and stick-on, single-use plastic body adornments are both **BANNED**. They block up the water system and end up in waterways to be consumed by fish.
- Big speakers small portable speakers for your campsite are fine. The size of your speakers will be up to the discretion of gate security.
- Folding, portable camping chairs are allowed in the camping area only - not in the festival site.

PLEASE HELP US LOOK AFTER OUR HOME FOR YEARS TO COME -YOU MUST TAKE HOME EVERYTHING YOU BRING WITH YOU.

FACTS:

50% OF WASTE GENERATED AT MUSIC FESTIVALS COMES FROM THE CAMPSITE ITSELF

1/3

PUNTERS WHO BUY A BRAND-NEW TENT DISCARD IT AFTER JUST ONE USE

55% OF FESTIVAL-GOERS DIDN'T BELIEVE IT WAS THEIR RESPONSIBILITY TO CLEAN UP AFTER THEMSELVES

TENT = 8750 PLASTIC STRAWS

B-ALTERNATIVE REPAIR CAFE 🛟

Head to the nearest campground hub and visit the B-Alternative & Lost Paradise Green Team for:

- Extra bin bags
- Missing tent poles and basic tent repairs
- Good ol' duct tape (and other useful bits)
- Environmental chats
- Awards for the best recyclers

Salvage your camp gear so you can take it home and re-use it next year!

Also in the campground hubs: Dancewize, medical & fire, ice and free water.

WINNERS ARE GRINNERS

Every day, the Lost Paradise green team (facilitated by B-Alternative) will head into the campgrounds to find the cleanest campsites and award:

- \$1000 worth of drink tokens
- Free tickets to Lost Sundays
- 10 x double passes to Lost Paradise 2024

Not a bad haul just for doing the right thing, keeping your campsite clean and leaving no trace. Nice!



MEDICAL INFO & HOW TO GET HELP

Everyone can access appropriate professional help and welfare 24 hours a day at Lost Paradise. Please make yourself aware of these locations with our official event map (via the Lost Paradise app).

If you feel unwell or unsafe at any time, head to the nearest medical tent, or alert security/event staff. Your safety is our number one priority.

- DanceWize: DanceWize NSW utilises peer education to reduce drug-and-alcohol-related harm at NSW dance parties and festivals. Our staff and volunteers attend events in order to: host a chill-out space; discuss safer drug use with peers and disseminate health resources.
- Ambulance and emergency personnel and a trauma-trained doctor will be available 24/7.
- Medical tents are located in the main festival site and the campground hub in each campsite.
- **Security**: in addition to our on-site Camping Marshals and the Lost Paradise Green Team, there will also be security personnel. The marshals' campsite for each area is marked with large banners. All queries and concerns should be directed to your campsite marshal.
- Police will be present at the entry and exit of the festival and throughout the duration of the event.
- Strobes and strobing effects may be used at the request of an artist or the festival up to a maximum rate of 15hz. There will be signage displayed prominently around the venue.
- Medical cannabis policy: We operate in line with NSW laws and guidelines in regard to drugs on site. There will be a police presence at the festival and your vehicle may be searched upon arrival. The admission of prescribed drugs is always up to police discretion, so we'd advise bringing all appropriate documentation when you arrive.

LOOK AFTER YOURSELF AND OTHERS.

IF YOU SEE SOMEONE WHO IS OBVIOUSLY UNWELL, PLEASE ALERT US IMMEDIATELY.

IN CASE OF EMERGENCY

Your safety at Lost Paradise is our number one priority.

Throughout the year, we have collaborated closely with multiple emergency services, including the RFS and NSW Police, safety advisors, consultants and venue staff to plan and prepare for a wide range of emergency scenarios. Rest assured that we have worked hard to ensure your experience in Paradise is a safe one.

In the unlikely event of an emergency, please listen and adhere to instructions given by staff and circulated via the <u>Lost Paradise app.</u>

We ask that you remain calm and collaborative as we work swiftly with our on-site team of experts and emergency services to assess the situation and advise next steps.

In case of emergency, we recommend that one member of your group remains capable of safely driving at all times throughout the festival.

OTHER INFO

SHAMBHALA FIELDS: YOGA CLASSES, TALKS & WORKSHOPS

Most classes/sessions are free with no booking required. We recommend you arrive ten minutes prior to the session start time so you can relax into the space.

The more involved workshops, massages, palm-reading, etc. held in Shambhala and Healing Haven will need to be booked and paid for. This will be clearly communicated at the venue, so please visit us when you arrive to find out more.

MOBILE APP

<u>Download the festival app</u> for access to the personalised set time planner, 3D festival map, to connect and chat with other festival go'ers, and to mark meeting spots on the map.

FOOD

Yes, you can bring your own food with you. There will also be a variety of food options throughout the festival (catering to all dietary requirements) available to purchase during certain times. Please note that food stalls will not be open 24 hours, and there are no self-service cooking facilities on-site.

Ice is available for sale at the campground hubs.

FAQs

- Showers and toilets have been brought onto the festival site. Please be considerate of the environment when using these, as there is no permanent water supply to the site all water has to be purchased and transported in and out of the site. Don't be wasteful.
- Lost property: if you find or lose something, please go to the Info/Lost & Found kiosk within the main festival area.
- There will be **limited mobile reception**. Check out the festival map <u>on the app</u> and plan a meeting spot with friends in advance. And download your tickets ahead of arrival.
- Phone charging: you will be able to hire portable phone chargers on-site. Otherwise, bring your own to ensure you don't miss a moment.
- Covid-19 policy: Our vaccination policy follows the NSW state or Federal government regulations at the time of the event please review and follow the Government guidelines.
- Got another question not answered here? There is an extensive <u>FAQ section</u> on the Lost Paradise website that should answer most of your questions.

WATER

Free water stations will be placed throughout the entire site and free drinking water is available at all bars. We also have a number of chilled water stations throughout the 2023 site – drink up!

Please bring your reusable water bottle - let's work together to reduce waste.

DRESS UP THEME & DECORATIONS

Each year we have a NYE (December 31) dress-up theme. This year the theme is 'Lost In Time' - head to our Instagram for inspo!

The other days aren't themed, but most people like to create their own and dress up anyway.

Doof sticks, totems, markers: we love 'em, but please keep things reasonable. Any stick that is deemed large enough to block people's view of the stage is a no-no (rule of thumb: no wider than a A3 poster). Also out: anything that could be mistaken as a weapon. Security always has the final say on what is reasonable and allowed into the festival/campsite.

Please remember when crafting your costume or planning anything creative for the festival: **REDUCE** • **REUSE** • **RECYCLE**! There's creativity, and then there's being wasteful – don't be that person.



SITE MAP



SET TIMES

Pro tip: the 3D map and set times are best explored via the Lost Paradise 2023 mobile app, which allows you to tag all your favourite acts and build a personalised festival schedule.





ZÓZ

SHAMBHALA FIELDS SET TIMES



