

T IN THE PARK

ESSENTIALS GUIDE 2009

**Thanks for downloading
the T in the Park
ESSENTIALS guide.**

This is the ultimate guide with everything you need to know to make your weekend at T in the Park one to remember.

Please take some time to read through and find all your questions answered...

Your T checklist:

- Plan your travel
- Pack your camping gear and check out the campsite rules
- Safety & Security tips
- Find out how you can contribute to a Greener T
- Healthy T advice
- Find out what's happening and when

Here's to making this years T in the Park the best yet!

SEE YOU IN BALADO!
THE T LADY

REMEMBER TO
BOOK Scottish **citylink** ASAP!



PLAN YOUR TRAVEL

EASY RIDER

The greenest and quickest way to get to T in the Park is by Citylink coach.

Scottish
citylink

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- Citylink coaches will drop you off at the festival entrance so no long walks from the car parks with all your camping gear... phew!
- Coaches run direct to the festival from 32 locations across Scotland including Aberdeen, Alloa, Airdrie, Aviemore, Ayr, Armadale, Bathgate, Blackburn, Broxburn, Cowdenbeath, Cupar, Dundee, Dunfermline, East Kilbride, Edinburgh, Falkirk, Glasgow, Glenrothes, Greenock, Hamilton, Inverness, Kelty, Kilmarnock, Kirkcaldy, Livingston, Motherwell, Paisley, Perth, Pitlochry, St Andrews, Stirling and Whitburn. That's more services than ever before.
- Connecting services available from London, Birmingham, Manchester and Preston via Glasgow and Newcastle, Scotch Corner, Sheffield and Wakefield via Edinburgh.
- Citylink travel tickets must be purchased in advance from www.citylink.co.uk or 08705 501 501 so if you've not booked yet... get your skates on!
- Please note: **You must travel at the time stated on your travel ticket.** Please do not turn up until your allocated time. You will not be able to travel until the time on your ticket. This is to prevent long queues and unnecessary waiting for passengers.
- You must have a valid festival ticket to travel.
- If you're not camping, remember the last Citylink bus is at 00.30am on Friday and midnight on Saturday and Sunday.

CHASING CARS?

If you simply 'must' take the car, then please car-share where possible. Not only will you have folks to keep you company and chip in for fuel but you can make your journey to the festival more eco-friendly.

We have been selling car park tickets in advance again this year. The deadline for this has now passed.

If you didn't buy in advance there will be a limited number of car parking spaces available on entry to the car park. Prices will be:

If you arrive on Thursday or Friday - £25

If you arrive on Saturday or Sunday - £20

Please note that if you have not purchased a car park ticket from Ticketmaster in advance, you will need to pay in again if your vehicle leaves and re-enters the car park. If you didn't buy in advance there will be a limited number of car parking spaces available on entry to the car park.

- Please don't travel before 10am on Thursday and Friday to avoid the busy times.
 - If you're travelling from the west, please expect delays and allow extra time for your journey - there are major road works on the A80/M80. Please avoid the Clackmannanshire Bridge between 3.30pm and 6pm (to avoid the busy commuter times).
- Designated toilet stops are available on this route. Please follow signage and respect local residents.
- Please ensure you follow the event road signs to make sure you follow the correct routes to the event as the traffic plan changes each year.
 - Please only use the designated drop off points.
 - For entry to the T in the Park Car Park each person in the vehicle is required to show their festival ticket. Please hold on to it as you will also need it to enter the event.

TRAFFIC SCOTLAND

There's more to good journey planning than jumping in the car and hoping for the best! That's why we're working with Transport Scotland again this year to deliver up-to-the-minute travel information for festival-goers through special T in the Park pages on the Traffic Scotland website. Traffic Scotland aims to make your travel to the event as easy as possible. If you are making the trip to Balado by car you are encouraged to regularly check www.trafficscotland.org/tinthepark for the best routes, roads to avoid and other top tips to make your trip hassle-free. Traffic Scotland will also provide information on how to get to the site by public transport and details on how you can take advantage of park and ride facilities.



CAR PARK RULES*

No entry to car parks without a valid car park ticket for each vehicle

No entry to car parks without a valid festival ticket

No sleeping in vehicles

No camping in car parks

No vehicle movement between car parks

Vans are not permitted for safety and security reasons

No bonfires or barbeques

No forms of unauthorised entertainment

No trading from vehicles or in car parks

*Vehicle searches will be in place. If there is any evidence of Car Park rules being broken (e.g. no sleeping in vehicles including wand access to the festival) may be returned and vehicles removed. Make sure you familiarise yourself with the Car Park rules.

HAPPY CAMPERS

Campers can only enter via the campsite entrance. Access via the main arena/day ticket (depending on what cartoon map is calling it) entrance is not permitted for those with camping tickets.

Travel light! Unless you're arriving by Citylink coach you might have a long walk from the car park to the campsite gates so bear this in mind when you're packing and leave the kitchen sink at home! For some advise on what to bring go to www.tinthepark.com/whatsinmybag



THURSDAY CAMPING

If you have a weekend camping ticket, it's still not too late to bag yourself a camping pitch for the Thursday night and an extra night of fun in the legendary T in the Park campsite.

Tickets priced £10 are available in advance only, but hurry, they won't last long! To get yours call 08444 999 990, log onto www.ticketmaster.co.uk, or return to point of purchase while stocks last.

As Thursday camping is for limited numbers, only specific areas of the campsite will be open. You are welcome to move your tent on Friday morning if you've got a favourite spot in one of the other fields you'd like to camp in for the rest of the weekend.

PITCH UP, LOOK SHARP!

Pitches are on a first come, first serve basis so if you intend to camp alongside friends, you must arrive together. Please bring all your own camping equipment. Be prepared! See the T Time page for key campsite timings including opening times and last arrival times.

OOOH, YOU SMELL GOOD!

SHOWERS

No excuses for bad hair and interesting odours... the showers are back in the campsite! You'll find them in Red 11 at the perimeter fence. They're open every morning on Friday, Saturday and Sunday for those looking to keep their good looks shining through. They will be split for male and female and there are cubicles with frosted glass doors so bring your swimming costume if you're shy! Please bring Phosphate free soap to protect the environment. Don't forget your towel!

REFRESH

In the main arena, near the help tower at the campers area entrance, you'll find Refresh, a pamper station for the ladies. For a small charge you can enjoy the glamour-puss facilities including hair straighteners, hair dryers, freshen up products to keep you looking beautiful all weekend and dedicated flushable toilets.

NO GLASS

Glass is not permitted in the arena or campsite. If you are bringing food, drink and cosmetics etc to the campsite, make sure you have no glass bottles or containers. (drinks, ketchup, perfume, aftershave etc). If you are bringing booze to the campsite make sure it's all cans or plastic - NO GLASS. All glass items will be confiscated and not returned... you have been warned!

SORRY - NO COOKING

Fires, barbeques and camping stoves are prohibited for safety reasons. There are hot food outlets and shops in the campsite stocking everything you need to stay fed and watered. The campsite shop which also stocks healthy options on offer is in the Boom Bus Entertainment Area.

TENT IS FOR LIFE - NOT JUST FOR T!

Please don't leave your tent behind - take it home and reuse it again this summer or at next year's festival - not only will you save money, but you'll be doing your bit for the environment. All tents left at T in the Park go straight to landfill, so do your bit for the environment. We recommend that you invest in a quality tent to ensure your alfresco sleeping experience is a great one and that your temporary castle is left standing at the end, ready to be used again next time!

ERM... WHERE'S MY TENT?

It might seem like an obvious one but please take note of which area you are camping in so you can find your way back... remember, you may think your navy flowery tent is pretty cool, but so probably did a whole load of other people who purchased the same one!

Collect a campsite leaflet a member of staff which includes a map of the campsite and keep in the plastic ticket envelope sent out with your ticket.

BE A RESPONSIBLE FESTIVAL-GOER

Enjoy your experience by following this advice from Scottish Natural Heritage:

- TOILET WASTE. Use the public toilets provided, not the ground.
- FIRES. No fires or stoves allowed.
- LITTER. Collect your litter and place in your own bin bag or one of the bins provided.
- VALUABLES. Never leave valuables in your tent.
- GOING HOME. Don't abandon your tent at T in the Park. Keep it to use again and again. ELSEWHERE. Leave no trace of your visit and follow the Scottish Outdoor Access Code for tips on how to camp responsibly

For tips on how to camp responsibly elsewhere visit www.outdooraccess-scotland.com

QUIET(ER) CAMPSITE

If you're looking for somewhere a wee bit quieter to camp then head to Cypress Hill. We can't promise you'll have peace and quiet all night but it's designed for like minded people that want a chance to rest and not party till dawn. Shhhhhh!

PROHIBITED ITEMS

The following are prohibited for safety reasons:

glass • campfires • camping stoves
barbeques • candles • canvas tents
gazeboes • pets • prams or pushchairs
fireworks

...and anything that may be considered an offensive weapon.

* For a full list of prohibited items and festival conditions go to www.tinthepark.com/rules

TICKETS AND WRISTBANDS

REALLY IMPORTANT BIT...

- Campers will be issued with a wristband on arrival.
- You need your ticket at all times and if camping, your wristband too. Checks will be in place all weekend. Failure to present a valid ticket along with a camping wristband at any time could result in you being asked to leave the event. Please keep them safe.
- Tickets and wristbands will not be replaced under any circumstances.
- You must have both your ticket and campsite wristband to do this. Checks are in place. Campers will have tickets scanned and be asked to show wristbands every time they move between the campsite and arena.
- Look after your ticket. If it is damaged or wet and will not scan you may be refused entry.
- If you are camping, please use the plastic ticket wallet sent with your tickets to keep your ticket safe and do not fold your ticket across the barcode.
- Only campers can move between the arena, the campsite and the car parks.
You cannot go in and out of the arena with a non-camping ticket so if you leave the arena (even to go to the car park), you will not be able to get back in.

DISABLED FACILITIES

For information on disabled facilities, please visit www.tinthearena.com/specialneeds and download our special needs facilities information sheet.

LOCAL RESIDENTS

Please respect local residents when travelling to and from the event.

ARENA LEFT LUGGAGE

If you've got a big item or heavy bag you don't want to carry round the arena all day, why not make use of the left luggage facility. This is located in the centre of the arena behind the main stage bar next to welfare. For £4 (all of which goes to charity) they will keep your item all day and you can access it as many times as you need. As long as it fits in a bin bag, they'll look after it for you.

LOST PROPERTY

There is a lost property station in both the arena and campsite.

Arena lost property will be open while the arena is open.

Campsite lost property will be open between 8am and 1am Friday - Sunday and 7am - 12 noon on Monday.



SAFE AND SOUND

For one weekend of the year T in the Park becomes Scotland's sixth biggest city, playing host to over 85,000 music fans over 4 days. So just like you have to stay safe whenever you visit a new place, make sure you do the same at the festival. It really is a great place to be, so let's keep it that way!

HELP, I NEED SOMEBODY?

There are Help Points located throughout the arena and campsite.

If you need assistance, please ask. No query is too big or small! We're here to help!

T in the park has an excellent safety record and very low levels of crime, however, that doesn't mean you shouldn't look after yourself and your valuables as you would anywhere else! Please do not allow yourself to become a victim by taking sensible precautions such as:

- don't leave valuables in your tent (lockers are available)
- keep your wallet, ticket & wristband safely on your person at all times
- look after your mates - go to a Help Point if you need assistance
- report anyone acting suspiciously to the nearest Steward or member of staff

There are community teams of stewards and police dedicated to each campsite zone - please talk to them about any concerns that you have. You will find them roaming through the campsite and at Help Points.

YOUTHFUL GOOD LOOKS

No under 5's are allowed entry to the festival. Children under 16 must hold a full price ticket and be accompanied by a guardian over the age of 21 who will be required to provide suitable proof of age and fill out a guardianship form to accept responsibility for them at all times. The guardianship forms can be downloaded from www.tinthePark.com/guardianship. Bring your completed form with you and present to staff at the gate. If you are lucky enough to look youthful... don't take any chances, bring **photographic ID***.

*Valid UK IDs must be photographic like passport, Driving Licence so use lockers to keep them safe at night. If you don't want to bring your passport etc use a PASS ID. See www.pass-scheme.org.uk for details.

STICK TOGETHER

Look out for each other and don't wonder off on your own, it's a big place. Stay with friends and people you know. Arrange a meeting point in case you get lost.

PLAY IT SAFE

Only bring essential items, and it goes without saying, don't leave anything of value in your tent. There are lockers in the campsite for you to hire to keep your belongings safe. Lockers are available to hire in advance from Ticketmaster for £15 until Friday 26th June. Please book now to make sure you can keep your valuables safe. There will be a limited number available to hire over the weekend if you don't buy in advance.

Please note: the locker sizes are 25cm wide x 15.5cm deep x 10cm high - so they are the right size for small valuables (mobiles, wallets, cameras etc). The lockers also have mobile phone charging facilities, which require you to bring a 12v car charger. Lockers will be located in the campsite entertainment area nearest the red fields near the Silent Disco.

CASHING IN

Cash machines will be available in the arena and campsite so don't carry around more cash than you need to.

WALK ON BY

If you decide to walk to Kinross or Milnathort from the site please use the Gallowhill Road route where there is a safe footpath.

Do not walk on any of the other routes. There is no footpath and it is not safe to walk on the road. Follow the instructions of stewards at all times. They are there for your safety.

HOW TO CONTACT THE POLICE AT T...

Report it - please report any incident no matter how big or small to security or police. Help us keep the event safe...

In an EMERGENCY dial 999

In an NON-EMERGENCY dial 0300 111 2222

Or if you want to pass confidential information anonymously call CRIMESTOPPERS 0800 555 111

For festival tips from Tayside Police, please visit www.tinthePark.com/safeT

GREEN T

We all know that the environment is serious business and although putting on a festival is great fun, we take our responsibility to consider our actions seriously. T in the Park recently became the first Scottish event to be awarded Green 'n' Clean status, as recognised by Yourope, the European Festival Association. This award distinguishes and awards festivals that work to both protect the environment and provide tangible guarantees that measures to save energy and protect the world's resources are effectively implemented and constantly evaluated.

Together we can all make a big difference. Let's keep Balado beautiful. Please do your bit to help us keep the festival as eco-friendly as possible...



REDEEM, REDUCE, RECYCLE

Over 75% of cups were recycled last year, thank you! After the success of this initiative last year, you can claim cash back for recycling your cups again this year. We need your help to make it work again. Taking part is really simple, all you need to do is follow the steps:

REDEEM - when you buy your drinks tokens onsite, there will be an additional 10p deposit charged for your cup. When you've enjoyed your drink, take your empty cup to one of the cup recycling points around the festival and we'll redeem it for a shiny new 10p!

REDUCE - we're always trying to find new ways to reduce T's impact on the environment, and that includes reducing the effect litter and waste has on the site too.

RECYCLE - every cup collected through the initiative will be fully recycled, reducing the landfill waste which leaves Balado.

A TENT IS FOR LIFE - NOT JUST FOR T!

Please don't leave your tent behind - see the CAMPING section for more info.

PUT THE BINS OUT

Look out for the recycling facilities in the campsite, and clearly signed bin areas.

Collect together all your used paper, plastic and cans and drop them in the designated recycle bins provided. Scottish Natural Heritage will be providing bin bags, so you can be really houseproud of your little piece of green grass. These will be handed out, and also available from Help Points and the Help Team.

PHOSPHATE FREE SOAP

The nearby Loch Leven is a nature reserve and site of scientific interest. Help protect the loch and it's wildlife by only bringing Phosphate free soap and shower gel such as Ecover.

GREEN TRAVEL

Remember, the most eco-friendly way to travel by T is by using the Citylink coaches. Check out the TRAVEL section for more info. If you simply 'must' take the car, then please car-share where possible. Your choice of transport to the festival is key way to reduce carbon emissions.

ECO VILLAGE

Support the music, support your environment. This year the Eco Village welcomes Global Cool and the Prince's Rainforest Project. Right next to Healthy T, the Eco Village is an area dedicated to supporting the world we live in. While we're busy behind the scenes recycling as much waste as possible and implementing our environmentally friendly schemes, you can check out the Global Cool double-decker bus encouraging you to 'Do it in Public'. Over the summer Global Cool will be inspiring people to use public transport instead of car travel and is asking you to help create a moving canvas by drawing directly on the outside of the bus, play travel games and compete to be the festival's jenga champion, as well as enjoying a variety of books and music created on or inspired by public transport.

The Prince's Rainforests Project was set up in 2007 by HRH The Prince of Wales to promote awareness of the urgent need to take action against tropical deforestation. PRP have launched a global awareness campaign to improve understanding of the link between rainforests and climate change and the need for urgent action. They will be on site at T in the Park this year asking you to sign up and help spread the message.



HEALTHY T

BODY, MIND & SOUL

With support from the Scottish Government, Healthy T, is back for 2009 - proving there's a lot more to see and do at T than just great bands! Situated near the Red Bull Bedroom Jam Futures Stage, amongst the trees, Healthy T is the place to unwind, and enjoy the best in delicious nutritious food and entertainment from around the globe.

The Healthy T menu this year features the very best in healthy Scottish and international produce including:

- award winning Food from Argyll: check out their organic lamb burgers served with home grown salad, Cullen Skink and hot smoked salmon rolls
- Healthy T favourites such as Stoats Porridge Oats, Mutley's Crêpes and J's Jackets and Stovies
- our global festival kitchen is also full of eastern promise with new arrivals - Japanese noodle bar Now and Zen and Johnny Baghdad's Falafels
- or leave your shoes at the door and enjoy a sit-down slap-up three course meal in the fresh sushi restaurant housed in a gorgeous yurt.
- Fire in the Hole will give you fire in your belly for more of their wood-fired artisan pizzas
- James Mackie Fruit and the Smoothie Shack are on hand to help you make sure you're getting your daily 5-a-day portion of fruit and veg.
- Fair Trade festival favourites Chai Chapel with their delicious piping hot chai, hand blended incense, tribal instruments and free drumming and dancing workshops.

This year we've got entertainment in the form of:

- A treat in store for all you b'boys and b'girls in the shape of the Flyin' Jalapeños breakdancing crew, who will be showing their skills
- Live graffiti displays over the course of the weekend
- The Parsonage Choir with their unique take on modern classics with a country and western twist
- Village Disco and their small but perfectly formed mobile disco complete with glitter ball! Best start limbering up now for the limbo dancing and musical statues championships!

Also in Healthy T

- chill out tent with laid back tunes, giant cushions, and cool projections
- take a well earned seat on the picnic benches dotted within the shade of the trees
- public water drinking point where you can refill your plastic water bottle for free
- Neck and Shoulder Massage, Reiki and Reflexology in the Bedouin tent
- free condoms and confidential sexual advice
- 'Know The Score' drug advice

Across the arena watch out for

- Healthy T fruity models - handing out free fruit
- Healthy T Thirst Busters - distributing free water to keep you topped up

Healthy T covers mind, body and soul, basically everything you need to make sure you last the pace, feeling relaxed, refreshed, and rehydrated, and ready to enjoy even more music.

HEALTHY T

RESPONSIBLE DRINKING

A token system will be in operation in the arena again, so buy your tokens from the token booths before you go to the bar.

Please note tokens are non-refundable, so don't buy more than you need. Also bear in mind the bar closing times (see the T Time page).

Remember, in order to purchase tokens and be served or consume alcohol you must be over 18. If you are lucky enough to look youthful (i.e. under 21)... don't take any chances, bring **photographic ID***.

If you do drink, don't do drunk! Excessive drinking is bad for your health and your memory - surely you want to remember T for the right, not the wrong reasons. By all means enjoy a few beers, but pace yourself because although destined to be one of the best weekends you'll ever have, it will be a long one. For the facts www.drinkaware.co.uk

*Valid UK IDs must be photographic like passport, driving licence so use lockers to keep them safe at night. If you don't want to bring your passport etc use a PASS ID. See www.pass-scheme.org.uk for details.

WATER

Fresh mains water points are located at standpipes around the site - look out for 'Drinking Water' signs. Drink plenty of water to keep yourself hydrated. Our license prohibits us from allowing you to bring in any containers of fluid into the arena, however, you can bring in unopened or empty plastic water bottles and fill them up at the taps. If you are using your hands to drink, please wash them first. Look out for dispensers with hand sanitizing gel located near loos and food areas. No water or paper towels required.

CAN YOU HEAR THE MUSIC?

Excessive exposure to loud music could cause damage to your hearing depending on how loud and for how long. Take sensible precautions such as giving your ears regular breaks from loud music, and don't stand too close to the speakers! If you really like to be down the front, then you can also wear special reusable ear plugs designed for gigs.

Disposable earplugs available from the welfare tent in the arena.

More info at www.dontlosethemusic.com

JUST SAY NO!

Drugs are no more legal at T than anywhere else

THINGS TO BRING!

Unless you're arriving by Citylink coach you might have a long walk from the car park to the campsite gates so bear this in mind when you're packing and leave the kitchen sink at home!

Here are a few things that you should bring...

Sunscreen, even if it's not that sunny, it's still best to wear it all day.

Be prepared for all weathers and bring a hat, rainwear, jumpers, sunglasses and wellies.

Your usual antihistamines or inhaler if you use them regularly, and don't forget to tell your friends about any allergies or medical conditions you have!

Contraceptives — take precautions!

Plastic Bag for your rubbish to keep your camping pitch clean

Hand sanitizer • Dry shampoo • Towel if you're having a shower

For more advice on what to bring go to www.tinthePark.com/whatsinmybag

T TIME

'Cause we know you don't want to miss a thing...
Please don't travel before 10am and avoid the Clackmannanshire Bridge between 3.30pm and 6pm.
(to avoid the busy times)
Help reduce the congestion and travel with [citylink](#)

THURSDAY 9TH JULY

12pm	Car Parks open
12pm	Box Office opens
3pm	Campsite Opens (for those with Thursday tickets only - see pg3 for more info)
3pm	Campsite Bars open
5pm	Campsite Cinema (till 11pm)
6pm	Silent Disco / Boom Bus starts
11pm	Box Office closes
Midnight	No new arrivals after midnight
Midnight	Car Parks close
Midnight	Campsite Entertainment finishes
2am	Silent Disco stops / Campsite Bars close
2am	Campsite Gates close (no passout/re-admittance till 8am)

FANCY DRESS FRIDAY (10TH JULY)

8pm	Car Parks open
9am	Campsite opens / Box Office opens
11am	Campsite Bars open
2pm	Silent Disco (till 5pm)
5pm	Arena opens (bars open)
6pm	Arena Entertainment starts / Boom Bus starts
10pm	Silent Disco
11pm	Box Office closes
11.15pm	Arena Bars close
Midnight	Arena Entertainment stops
12.30am	Last Citylink Coach Leaves
Midnight	No new arrivals after midnight
Midnight	Car Parks close
2am	Boom Bus stops / Silent Disco stops / Campsite Bars close
2am	Campsite Gates close (no passout/re-admittance till 8am)

SATURDAY 11TH JULY / SUNDAY 12TH JULY

8pm	Car Parks open
9am	Campsite opens
9am	Box Office opens (10am Sunday)
11am	Arena opens
11am	Arena & Campsite Bars open
12noon	Arena Entertainment starts
8pm	Box office closes
10pm	Boom Bus starts / Silent Disco starts
10.15pm	Arena bars close
11pm	Arena Entertainment stops
Midnight	Arena Closes / Last Citylink coach leaves
Midnight	Car Parks close
2am	Boom Bus stops / Silent Disco stops
2am	Campsite Gates close (no passout/re-admittance till 8am)
2am	Campsite Bars close

MONDAY 13TH JULY

12 noon	Campsite closes
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