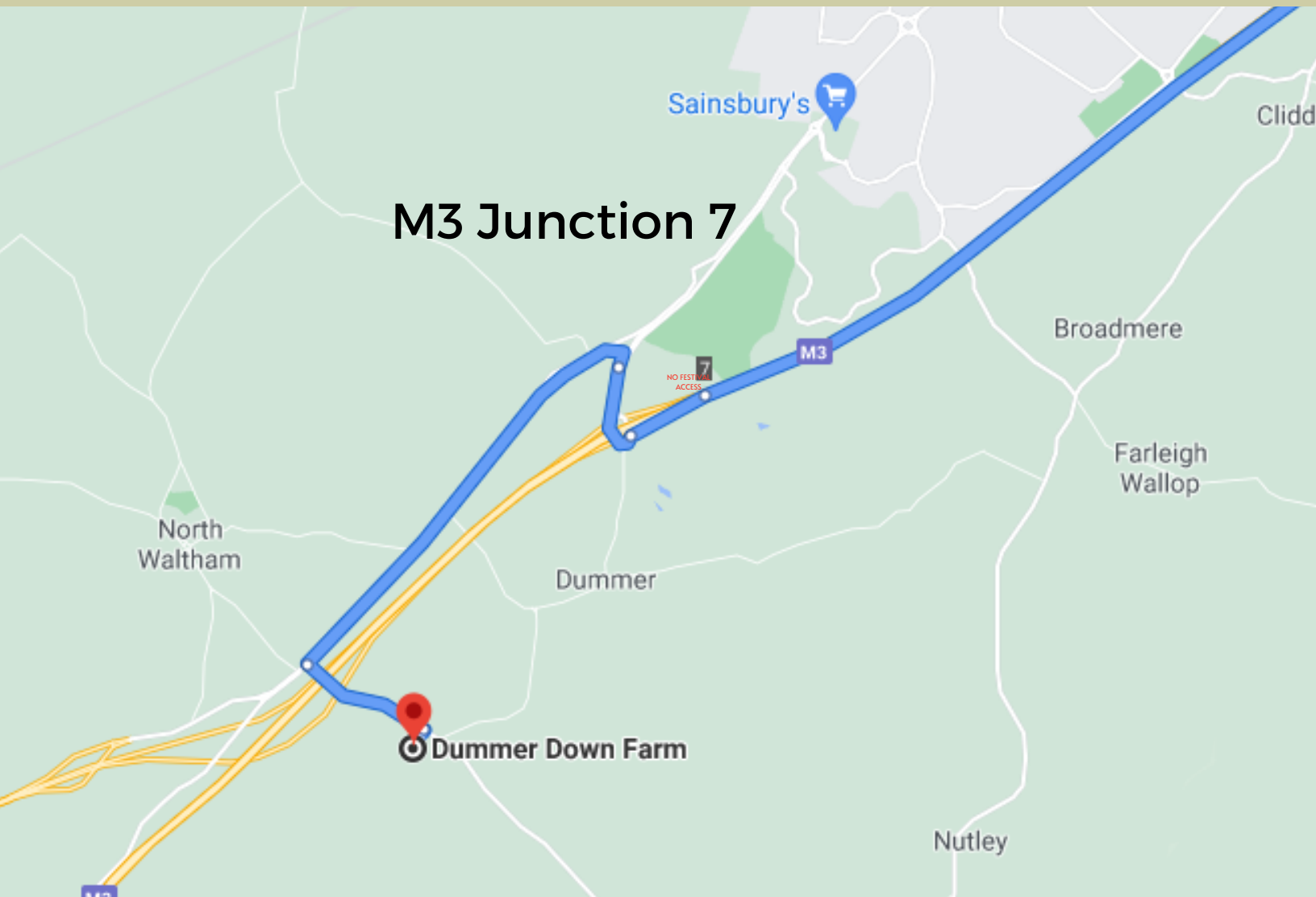




2023 FESTIVAL GUIDE

DIRECTIONS

HOW TO GET HERE



Dummer Down Farm

Dummer Down Lane

Dummer

Basingstoke

RG25 2AR

Main entrance: what 3 words:

degree.soggy.similar

Important! Please don't upset the neighbours by driving throguh Dummer village!

Access is easier and more van friendly if you come off the A30.

SITE INFO

Tickets

Your tickets have been emailed to you during the order process. Please check your spam if you cannot find them.

Upon arrival please have your QR code ready to scan this must match your vehicle registration number. Any problems please email us immediately at hello@vanlifeeats.com

Parking

You will be asked which area you would like to park in on arrival. Please park up your vehicle sensibly in the space directed to you by the parking steward. For everyone's safety we would like to avoid vehicles moving around during the event. If you do need to move for any reason you must only do so with the assistance of a festival marshall.

BBQ's & Firepits

Both fires and BBQ's are permitted on site but both must be elevated from the ground for everyone's safety and as not to damage the grass. Please take care and be responsible with fires and have an extinguisher close by if possible.

Both fires & BBQ's **MUST** be attended at all times and need to be completely out before retiring for the night.

Dogs

Dogs are very welcome at the event. We ask that they are kept on leads when in the festival area as some vanlifers have cats etc which may be exercising. This also reduces the chance of dog poo not being picked up.

Campervan showcase

There will be an area for show vans to park, but this will be a relaxed showcase, there are no timings. Please respect people want to enjoy their weekend too and so may not be available for visitors.

Pitches

There are a number of camping areas, in the loud area music will be allowed to continue after 11.30pm. In the quieter camping areas there is a noise curfew of 11.30pm. Awnings are allowed.

Rubbish & Waste

This is our chance to prove Vanlifers are responsible and mindful of our environment! The last 2 years the litter picking team were redundant as there was no litter – let's do the same this year!

Rubbish bins are placed around the farm, all waste is separated into waste & recycling after the event. So please place all waste in the bins. If bins are full at the end of the event please take rubbish with you.

Please note there is no grey water disposal.

Glass

Please note for safety of visitors and our furry friends glass is not permitted on site.

Toilets

Please use toilets respectfully. There is an Elsan point by the farm shop so please do not empty cassettes into the toilets. Anyone found doing this will be asked to leave. There will also be accessible toilets.

Water

There are several drinking water points located around the main field.

First Aid

We have very little first aid expertise on site and so we ask you to be mindful of this. We will have a first aid kit in the Vanlife Eats van should you need some basic assistance. The nearest hospital is 6 miles away, Basingstoke and North Hampshire Hospital.

Dummer Down Farm is a family run farm and as such we need to respect the family and their space. There is an area indicated on the map as The Spinney. This is a very sentimental garden for the family and is strictly out of bounds. No-one must enter this part of the field. Thank you.

Friday

12pm: Gates open

3pm: Welcome from Mark & Sophie
Main stage

4pm: Curry school cooking demo with Emily of Chaat Foodtruck
Main stage

5pm: An alternative to the NC500
Kath Cross, Vanavigation
Main stage

6pm: Social media transitions
VanVistas / Baking in a van
Main stage
(free cupcakes may be on offer!)

6pm: Solo female workshop /
sharing circle
@Jo_Vanlife
Winnerwell stage

7pm: Curry banquet
Bring your food and a chair
Main field

8pm: Bollywood Dance-a-long
Bolly X
Main Stage

9.30pm: DJ set Built not bought campers
Main Stage

Late night fire pit socialising



Saturday

9am: Dog agility sessions
Cath from @onlytravellingthrough
Main stage

10am Vanlife Tales | Travelling Europe
with our 2 dogs
@henry_van_trapp
Main stage

10am Vanlife Tales | Vanlife with
health issues
Sharing session
Winnerwell stage

11am: Vanlife Tales | Completing a van build while living in it full-time
@misskiff
Main stage

12pm: Cooking demo - Italian cooking
Mark @vanlife_eats
Main stage



1pm: THE BIG PICNIC
Join us in the main field with your picnic

1.45pm Relaxation workshop. Bring a mat. Sign-up required
@thepathfindertherapies
Winnerwell tent

2pm: Social media / Vanlife Q&A
@adzventures! @vanlifewithluci
Main Stage



Saturday

2.30pm Van security
Stop my engine
Courtyard

3pm: Cooking demo: one pan cooking
Holly & Will @lifeinthebricklane
Main stage

3pm: Yoga for digestion
Louise @louisepitmanwellbeing
Winnerwell tent

4pm Celebrate the marriage of Andrew & Barbara. All welcome
In the copse

5pm: Eddy Oak
Main stage

5pm: Inner dance workshop
Lizanne
Winnerwell stage

6pm: Melissa Rose
Main stage

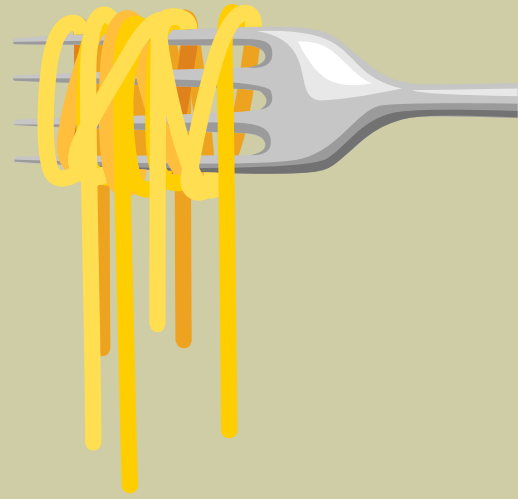
6pm: My shamanic journey
Travelling shaman
Winnerwell stage

7pm: Italian banquet
Bring your food and a chair
Main field

8pm: Max Elmore
Main Stage

9.30pm: Copperhead
Main Stage

Late night fire pit socialising



Sunday

9am: Dog agility sessions
Cath from @onlytravellingthrough
Main field

9am: Morning wake-up yoga
Louise @louisepitmanwellbeing
Wellbeing stage

10am: Omnia cooking demo
Sophie Vanlife Eats
Main stage

10am: Inner dance workshop
Lizanne
Winnerwell stage

11am: Vanlife tales; 41 Countries in 109 days
Compact camper company / Sheila the Agila
Main stage



12pm: Mexican cooking demo
MeShell of Americanx_travels
Main stage

1pm: Kashmiri curry cooking demo (copies of cookbook available to buy)
Shelley of you.trition
Main stage

2.30pm: 5 mistakes van builders make
Bear hug campers
Courtyard

2.45pm: Fun dog show judged by rainbows on the road.
Main field



Sunday

3.15pm: Campervan electrics
Bluefix energy solutions
Courtyard

3.45pm: She's at the wheel
Main stage

3.45pm: Relaxation workshop
The pathfinder therapies
Winnerwell stage

4.30pm: Raffle draw | Bake off winner announced
Main stage

5pm: Mexican banquet
Bring your food and a chair
Main field

6pm: Kids disco!!!
Winnerwell tent

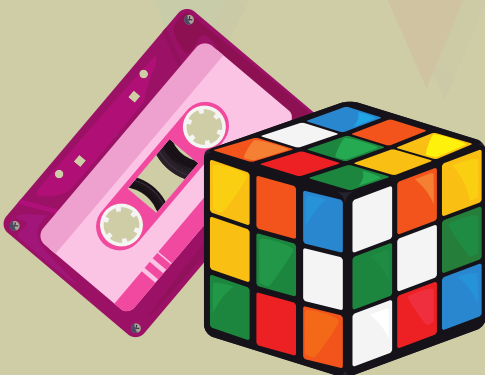


80's night!!!!

6pm: Mega drive
Main Stage

8.30pm: Sledgehammer
Main Stage

Late night fire pit socialising



Food & Drink

THE BIG PICNIC

Saturday afternoon will see vanlifers gather together for an epic picnic! Enjoy the live music to really get into the festival spirit. Grab your picnic & a blanket and meet us in front of the copse at 1pm Saturday! See you there!

Alcohol

Alcohol is permitted at the festival and we have a stunning flip top Vdub Pub providing you with wine, cocktails and mocktails! The on-site brewery will be selling locally sourced craft beers and ciders & there will be a bar from local gin distillery.

BBQ's & Firepits

What would camping be without a BBQ? We would love you bring your own BBQ or firepit, but we ask you to please respect the farmers field that we are using and only use elevated ones as not to scorch the field. I'm afraid we will have to be strict on this and we will ask you to put out any BBQs or firepits that are not elevated.

Caterers

We will have additional caterers this year serving delicious food & desserts. There is also a farm shop on-site and some amazing food stalls in the artisan market. The coffee can will be back with their delicious coffees and baked goods.



COOKING DEMOS



Friday, 4pm: Emily, Chaat Foodtruck | Main stage

Discover a journey through India & learn how to make an amazing curry with Emily from the Chaat Foodtruck. They will be serving incredible indian cuisine throughout the weekend.

Saturday, 12pm: Mark, Vanlife Eats | Main stage

Mark will be sharing one of his families top secret Italian recipes in preparation for the Italian banquet this evening

Saturday, 3pm, Holly & Will, Life in the brick lane | Main stage

One pan cooking is ideal for vanlife. Holly & Will share one of their favourite one pan, family friendly, budget friendly recipes, plus a delicious margarita recipe!

Sunday, 10am: Sophie, Vanlife Eats | Main stage

Ever wondered how to bake a cake in a van? Sophie demo's baking in a van using the Omnia stove top oven.

Sunday, 12pm: MeShell, Amerimanx Travels | Main stage

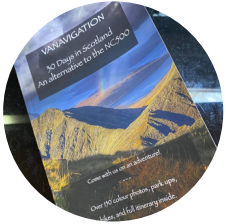
Van bake off winner MeShell has a long history with mexican food & will be sharing some delicious recipes to recreate for Mexican night this evening!

Sunday, 1pm: Shelley Youtrition | Main stage

Shelley has a recipe book full of delicious recipes perfect for vanlife. She will be showing you kashmiri style chickpea & banana curry with brown rice cooked in the wonderbag



TALKS & WORKSHOPS



Friday | 5pm | Kath | Vanavigation | Main stage

Ever wanted to do the NC500, or completed it and fancy something different? Kath will talk you through her guide to an alternative NC500 route. Kath will have her guides available to purchase

Friday | 6pm | Kat & Rhydian | VanVistas/Baking in a van | Main stage

A masterclass on how to create awesome social media videos. Kat & Rhydian will guide you through how to create seamless transitions. Then you will be given a cupcake and challenged with creating your own transition video!



Friday | 6pm | Jo | Jo_vanlife | Winnerwell stage

Calling all solo female vanlifers! This is the workshop for you. Jo will share her experiences of vanlife & will lead a sharing circle.

Friday | 8pm | Bolly X | Main stage

Join us for an experience you will never forget! A bollywood dancing class, great music, energetic dancing what a way to start the event. There will also be a henna artist available from 7pm (additional charge) to get you in the mood.



Saturday | 10am | Carla & Al | Henry_van_trapp | Main stage

Carla & Al share their vanlife tales. In the last year they have finished their van build and set off on a 4 month journey around Europe with their 2 dogs. Here they share the highs & lows.

Saturday | 10am | Vanlife with health issues | Winnerwell stage

If you are struggling with your health, this session is a great chance to share tips and coping strategies with others.



Saturday | 11am | Miss Kiff | Main stage

Imagine buying a bare van and having to sleep in there the first night! Miss Kiff shares how she built her van while living in it full-time with the support from vanlifers she met at the Vanlife Eats big picnic 2022!

TALKS & WORKSHOPS



Saturday | 2pm | Adz & Lucy | @adzventures | & @vanlifewithluci | Main stage
Ask them anything! Adz & Luci will be available to talk social media & vanlife. Come along with your questions ready for this interactive Q&A session

Saturday | 2.30pm | Stop my engine | Courtyard

Let's talk van security! Find out about keeping your van safe, and the stop my engine system.



Saturday | 6pm | Julia | Travelling shaman | Main stage

Julia offers shamanic healing, here she shares how she discovered it and her journey afterwards. If you want to learn more about shamanic healing this is a great introduction.

Sunday | 11am | Doug & Alex | Sheila the Agila | Main stage

An epic journey across 3 continents, 41 countries in 109 days, in an Agila. 2 became 3 on their epic Long Loop Rally. Come along to find out more



Sunday | 2pm | Bear Hug Campers | Courtyard

Find out the 5 mistakes self-build van builders always make! Then you can be sure to avoid them in your build

Sunday | 4.30pm | Vanlife Eats & Shout | Main stage

Find out the winner of the van bake off! The raffle will also take place with some amazing prizes. Buy your tickets from the Vanlife Eats van. Chris a volunteer from Shout will be there to share about the amazing work the charity does.



Various times | Urban Forage | Urban Forage tent

There will be various foraging walks around the farm over the weekend, discover what nature has to offer! Sign up at the Urban forage tent to make sure you don't miss out. They are always a hit!

Shout is the UK's only free text messaging service, and is available 24 hours a day 7 days a week. Vanlife can be lonely at times and picking up a phone can seem daunting. Communicating by text can help to access resources without that additional pressure of speaking to someone on the phone.

Here's how we're raising money this year



The bake sale is back!!!

To enter place your baked goods (sweet or savoury) in the Winnerwell tent between 12-12.30pm on Sunday. Please complete a label (provided) with your name and what your bake is. The bake sale will be open from 1pm. There will be an honesty pot for donations or donate via our Instagram page. The winner will be announced on the main stage Sunday at 4.30pm

The dog show!

One of the highlights every year, without a doubt, is the dog show. This will take place outside the Winnerwell tent at 2.45pm on Sunday. There will be a voluntary donation to enter, and a slip to complete with your dog's name. Rainbows on the road will have the difficult decision of picking a winner. This is just for fun and there will be no classes.



The raffle!

We have an amazing raffle lined up for you. Tickets are £1 and will be available to buy from the Vanlife Eats van. The draw will take place Sunday at 4.30pm on the main stage. We have been donated prizes by Ooni, Jean Patrique, Flamers firelighters, winnerwell and Camper Vibe!



We have an amazing artisan market lined up! This will be open Friday evening for a sneak peek with limited traders. Be sure to also visit between 10am-4pm on Saturday & Sunday. There will be different traders each day, so be sure to go back and check what's new. Stalls will be selling products from vanlifers, local crafters, local produce and small businesses. Please note not all stalls will be able to accept card so please have some cash. You are sure not to come away empty handed!

ARTISAN MARKET



**Henna
Artist**

**Indian
head
massage**

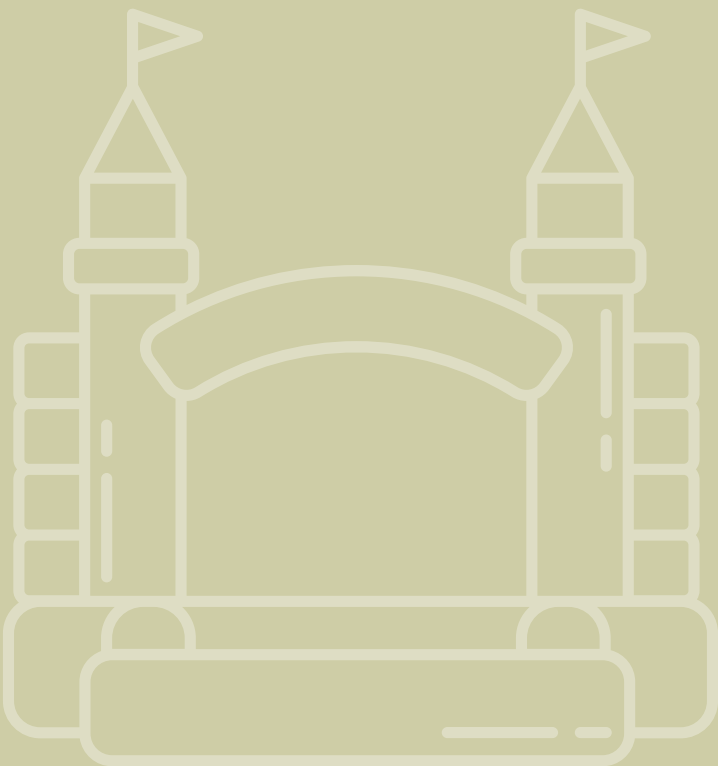
**Hair
braiding**

**Face
painter**

**Glitter
tattoo's**

The farm is very safe for children to play, and there is lots of space to run around. We know kids just want to spend all day on the bouncy castle. So we will of course have the ginormous bouncy castle again this year. As well as this there will be arts & crafts available. If that doesn't wear them out there will be a kids disco, Sunday at 6pm in the Winnerwell tent.

FOR THE KIDS



WELLNESS

with

WINNERWELL®

All wellbeing sessions will happen in the Winnerwell tent

Some sessions will have limited numbers. Sign up sheets will be available in the winnerwell tent.

Private sessions are available with most practitioners at additional cost – please book with them directly



Relaxation workshops with Lauren
Saturday at 1.45pm & 3.45pm Sunday
Limited to 20 people a session.
Bring a mat

Inner dance sessions with Lizanne
Saturday at 5pm & 10am Sunday
Limited spaces.

She will be providing indian head massages
in the artisan market area



Yoga sessions with Louise
Saturday at 3pm & 9am Sunday
Limited spaces.
Bring a mat



Crystal readings with Laura
Laura will be offering private crystal
readings in the artisan market



The travelling Shaman

Julia will be available for individual healings. Check out
her talk on Saturday!

COOK IN
YOUR VAN

WATCH THE DEMO....



PAV BHAJI RECIPE

INGREDIENTS

- 2 tbsp vegetable oil
- 75g salted butter
- 1 large red onion, peeled and diced
- 1 inch ginger, peeled
- 4 cloves peeled garlic
- 1 green chilli, roughly chopped
- 2 medium tomatoes, chopped
- 1 tbsp tomato puree
- 100g frozen peas (defrosted)
- ½ cauliflower
- 2 medium potato, peeled and diced
- 200ml water
- 2 tbsp Pav Bhaji masala (most Indian super markets)
- 1tsp chilli powder
- 2 tsp kasuri methi (dried fenugreek leaves)
- Salt and pepper to taste

EQUIPMENT

- 1 large sauce pan
- 1 medium sauce pan
- 1 frying pan
- Potato masher
- Wooden spoon
- Sharp knife
- Chopping board

GARNISH

- Chopped coriander
- Small slice of butter
- Squeeze of lemon
- Sliced fresh onion
- Butter





COOK IN
YOUR VAN

WATCH THE DEMO....

METHOD

- Step 1. In the large saucepan heat oil and butter until melted
- Step 2. Add the cumin seeds and cook until the seeds pop
- Step 3. Add diced onions and cook on a medium heat until soft and translucent, being careful to not let the onions burn.
- Step 4. Add ginger, garlic and chilli and cook for 2 minutes
- Step 5. Add the tomatoes and cook until softened then add the tomato puree
- Step 6. Add masala, chilli powder, kasuri methi and cook for 30 seconds, stirring constantly.
- Step 7. Add the water slowly whilst stirring, cook on a low heat
- Step 8. In a separate pan boil the diced potato until soft
- Step 9. Remove from the water and add to the spices
- Step 10. Cook the cauliflower florets until soft
- Step 11. Once soft add the cauliflower and peas to the spice mix
- Step 12. Cook on a medium heat for 5 minutes, stirring regularly.
- Step 13. Add a splash of water if the mixture is too thick to stir
- Step 14. Mash thoroughly
- Step 15. Garnish with a small slice of butter on top, chopped coriander and onions. Add a good squeeze lemon. Serve with your warm buttered, brioche roll

COOK IN
YOUR VAN

WATCH THE DEMO....



AMALFI SAVOURY PANCAKES

INGREDIENTS

Pancakes

- 3/4 Cup '00' Flour (extra fine)
- 2/3 Cup of Milk
- 2 Medium Eggs
- Unsalted Butter to melt
- 1 Ball of fresh Mozzarella
- 6 Tablespoons of Cream Cheese
- 6 Slices of quality Ham (smoked)
- Parmigiano Reggiano

Sauce

- 1 Tin Chopped Tomato
- 1tbsp Tomato Puree
- 1tbsp Sugar
- 1 Pinch of Salt
- 1 Glug of Olive Oil

EQUIPMENT

- 1 large Lidded Saucepan
- 1 Small Saucepan
- Fork or Whisk
- Spatula
- Mixing Bowl

GARNISH

- Fresh Basil
- Salt to taste





WATCH THE DEMO....

METHOD

- Empty the tomatoes into the small saucepan, add the tablespoon of puree, a glug of olive oil, the tablespoon of sugar and a pinch of salt.
- Mix and simmer gently. Stir regularly and break down any chunks of tomato.
- In a mixing bowl add the flour, eggs, milk and whisk up
- Heat a large saucepan and coat with melted butter
- Pour the batter into the pan just covering the base. Cook for 30 seconds and then flip and cook for a further 30 seconds. Remove the pancake from the pan and place on a plate.
- Repeat to make 6 pancakes
- Take each pancake one by one and add a generous slice of fresh Mozzarella, a tablespoon of cream cheese and a slice of ham.
- Fold each pancake to form a long roll with a small fold at each end. This holds in the sauce.
- Pour half the tomato sauce into the large saucepan.
- Place the 6 pancakes in the sauce and pour the remaining sauce over the top.
- Place the lid on the pan and simmer very gently for 10 minutes.
- Serve 3 pancakes each with a garnish of fresh basil and a generous (always generous!) sprinkle of Parmigiano Reggiano.

IF YOU NEED ANYTHING AT ALL...

Find us at the Vanlife Eats van. If we aren't there personally to help you then there will be marshalls around the site who will be happy to help and can radio for us if need be.

We are really looking forward to seeing you!

COME SAY HI!



Sophie
&
Mark



Tag your weekend
@vanlifeeatsbigpicnic