



Restrictions

on liquids, aerosols and gels

This document should be read in conjunction with the list of **prohibited and restricted items**

You cannot enter London 2012 venues with liquids, aerosols and gels in quantities greater than 100ml. This includes:

- All drinks, including water, alcohol, coffee, soup, syrups and yoghurts
- Cosmetics and toiletries, including creams, lotions, oils, perfumes, mascara and lipsticks
- Sprays, including shaving foam, hairsprays and spray deodorants
- Pastes, including toothpaste
- Gels, including hand sanitisers, hair and shower gel
- Contact lens solution

You are allowed up to 10 containers of up to 100ml capacity each, giving a combined maximum capacity of 1 litre. Part-filled containers with a capacity greater than 100ml (excluding sun cream) are not allowed.

You may bring up to 200ml of sun cream, but it must be in its original packaging and in a container with a maximum capacity of 200ml.

Essential medications must not exceed a combined total of 1 litre,

and we recommend you bring a prescription or letter from your doctor to accompany it.

If you have a water bottle with you, please ensure it is empty before you reach security as there are no facilities to empty bottles at the search tents. Free drinking water is available inside the venue.

You cannot bring alcohol into London 2012 venues. Alcohol is available to purchase inside most venues.

You will get through security more quickly if you keep all your liquids, aerosols and gels in a separate toiletry or plastic bag. There is no need to remove the bag containing your liquids from your main bag, unless specifically asked.

Baby food, baby milk and sterilised water are allowed into venues but must be carried in containers with a maximum capacity of 1 litre per baby. You may be asked to verify baby food by tasting it. Examples include:

- Soya milk for babies
- Sterilised water for the baby
- Formula, breast milk or cow milk specifically for babies
- Baby food of various consistencies