

HOW TO PREPARE BEFORE A PROTEST OR ACTION

#WeKeepUsSafe

Here are some things you can do in advance to prepare for a protest or action to keep you and your community safe. Check out our tips!



THREAT ASSESSMENT

Identify likely threats, risks, vulnerabilities and capacities.



HOLISTIC CHECK IN

Check in with yourself and your team – mentally, physically, and emotionally.



BUDDY SYSTEM

Plan to bring a buddy, or have a buddy you can check in with periodically (who is not at the protest).



MEETING PLACE

Make a plan with your buddy in case you get separated.



DIGITAL SECURITY

Deactivate your phone's facial recognition or fingerprint unlocking feature.



ACTIVIST SELF-CARE

Caring for yourself is caring for your team. Take care of your essential needs to have a clear mind, strong body and engaged spirit.

WHAT TO BRING



Small Backpack



Shatter resistant goggles



Small spray bottle of 70% isopropyl alcohol



Ear plugs



Cash



Paper and Pen



Several days of medication



Menstrual pads (not tampons)



Water in plastic bottle with squirt top



Non-perishable snacks



ID (if you have one)



Emergency contact info (not in your phone)



Basic First Aid kit



Wet wipes and tissues



Fully charged phone and portable charger



Extra clothing (in a plastic bag)

WHAT TO WEAR



Face Mask



Comfortable Shoes



Hat to protect you from the sun



Bandana



Weather read clothes (covering all of your skin)



Water-based sunscreen



Glasses (not contact lenses)