

# 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



Water in plastic bottle with squirt top



Shatter resistant goggles



Non-perishable snacks



Small spray bottle of 70% isopropyl alcohol



ID (*if you have one*)



Ear plugs



Emergency contact info (*not in your phone*)



Cash



Basic First Aid kit



Paper and Pen



Wet wipes and tissues



Several days of medication



Fully charged phone and portable charger



Menstrual pads (*not tampons*)



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*)