

## **HALLOWEEN PREPARATION TIPS**

### **BE CONSCIOUS WHEN PICKING OUT YOUR COSTUME**

When picking out your Halloween costume here are a couple questions to think about: Does your mask impair your vision? Are you carrying a fake weapon that could be mistaken as real or dangerous? Is your movement or breathing restricted?

### **PREPARE PROPERLY & KNOW YOUR LIMITS**

Eat a protein-packed meal and hydrate before consuming alcohol. The food you eat prior to alcohol consumption will help slow the processing of alcohol. Another key factor to responsible drinking is to know your limits. Is consuming alcohol new to you? Do your medications have side effects when mixed with alcohol? How many drinks have you consumed in one hour?

[Click here to learn more about drinking responsibly.](#)

### **DON'T TAKE A DRINK YOU DIDN'T ORDER**

The best method to avoid a “spiked” or “drugged” drink is to order your own drinks and watch them being made. Additionally, it is wise to take your drink with you instead of leaving it unattended.

[Click here to learn more about drink spiking.](#)

### **KNOW AND OBEY THE LAWS, RULES, AND REGULATIONS OF YOUR STATE AND INSTITUTION**

Some campuses enforce strict regulations around Halloween, so be sure your evening festivities are compliant to avoid the risk of citations and arrests.

### **MAKE THE CALL**

If you see someone who may need medical assistance, make the call! Unfortunately, binge drinking is the reality of Halloween on college campuses, and it often leads to alcohol poisoning. The time it takes to call 9-1-1 could be critical in a life-threatening situation.

[Click here to learn more about the signs of alcohol poisoning.](#)

### **DON'T DRINK & DRIVE**

Leave your car keys at home and plan an alternate form of transportation. Know your local Taxi number, rely on a sober friend, look for transportation offered by your campus, utilize Uber and Lyft, or walk with a friend.

### **DON'T GO OUT ALONE**

Going out with a group of friends is a great way to hold each other accountable and to make safe decisions. Should you need assistance, you have multiple individuals that you can call on for help or to ensure a safe arrival home.

