1. Water makes pepper spray worse. Use milk or liquid antacid & water. Don’t wear contacts. Wear goggles if you have them.

2. If you get tear gassed, when you get home, put the contaminated clothes in a plastic bag for later decontamination & shower with cold water to avoid opening your pores.

3. Come with friends & don’t get separated. Avoid leaving the crowd & watch out for police snatch squads.

4. The authorities are very good at combing through pictures & doxxing people. Wear a mask.

5. Write any necessary phone numbers you may need directly on your skin with a Sharpie.

6. Coordinate with offsite friends & have an emergency plan if you are not heard from by X time.

7. If you plan on going to jail, plan it: bail, lawyer, time off from work, witnesses & support. Don’t just go to jail without training.

8. Make sure all mobile devices are charged!! = 100%

9. Beware of folks trying to get you to destroy property. They can sometimes be undercover police/feds. Get to know the crowd first. Don’t do anything you are not comfortable with. Don’t be afraid to ask questions.

9 IMPORTANT SAFETY TIPS FOR PROTEST NEWCOMERS