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)

This is part of our Protest Safety Series to help you stay safe out on the frontlines! More at: acrossfrontlines.org/protestsafety.