

Affinity Group: preferably a small group of friends (3-15) you know and trust very very much that can fill various roles and help support each other and keep each other safe and together. If you plan on doing more risky actions make sure only you and your AG know who is in it.

Medic: someone with some medical training or at least health and safety training with some basic medic supplies or better yet an actual trained certified medic

Legal: someone who has some basic knowledge of the laws or at least someone who can deal with police if your friends get arrested and can observe and record what police are doing and violations of peoples rights

Jail Support: Someone who is not arrestable who has their groups contact info and will work to get their friends out of jail and with lawyer.

Vibes Watcher: someone to make sure everyone is doing ok and to keep up the energy in the group via chants or songs this is mostly useful for long protests and of course everyone in your group should keep an eye on each other.

Arrestables: those who plan on getting arrested or who can get arrested if the situation arises. Make sure legal or jail support has info for you.

Media: this is not really all that needed unless you want to deal with the media and if so this person should be able to act as spokesperson.

Buddy: if you don't have an AG at least find a buddy and watch out for each other and make sure you know each others comfort levels.

What to Bring

Water: preferably filtered water in your own bottle rather than bottled water and make sure to bring plenty of it regardless of weather. Your body needs water especially after sweating.

Food: people always tend to get hungry at protests. Dried fruits and nuts help give you energy and keep you going as well as provide some nutrients.

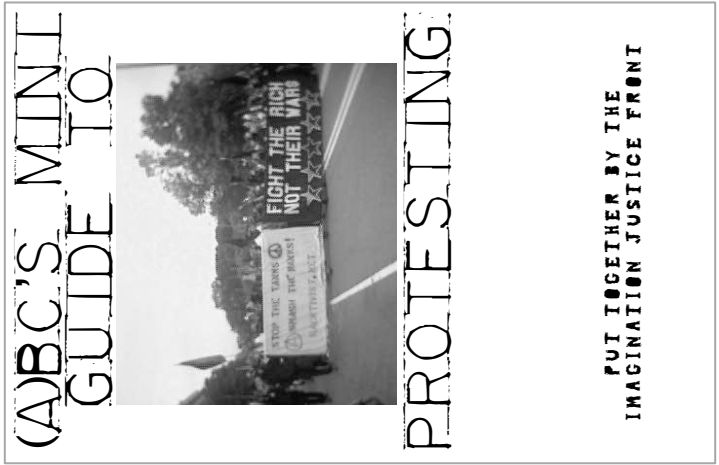
Proper Clothes: dress properly for the weather and make sure your clothes are not going to trap chemicals easily. Also make sure you are not identifiable by what you where so no patches or pins and have extra clothes in case you need to make an exit into a crowd or out of one. Keep them in a sealed plastic bag in case of chemical attack.

Bandanna/Balaclava: helps protect your face and it provides anonymity and potential unity. When soaked in apple cider vinegar or lemon juice it can help against chemical attacks. Balaclavas are best for anonymity and bandannas are best for chemicals.

Goggles: they can help keep chemical weapons out of your eyes just make sure they are shatter proof and tight fitting and no liquids or chemicals can get inside of them and you can see out of them. Swim goggles work and are easily available.

Shoes: if you have bad shoes your feet will hurt easily and you might not be able to run well or they might get soaked really quickly and easily or not protect your feet. Also keep them plain so they aren't recognizable

Helmet: protect your head from police batons and sticks. Bike helmets work but any good sturdy sports helmet should do the trick just test it first.



Medicines: if you require insulin or an inhaler or other medicines

Medicines: if you require insulin or an inhaler or other medicines make sure to bring them and have them in the bottle they came in case of arrest plus have a doctor's note and keep medicines on you in case of arrest (cops don't allow unmarked medicines)

Saline Solution: good to have if you get hit in the face chemically it will help flush out your eyes (do so from the inner eye outwards) it might also be good for cleaning cuts out.

LAW Solution: a common solution of water and Maalox (or other liquid antacid) in a 1:1 ratio used by some medics to help treat pepper spray.

Non Oil Based Sunscreen: water or alcohol based sunscreens help protect against sunburn and don't trap chemicals in case you do get pepper sprayed

Menstrual Pads: when at a protest it is possible you won't be able to change your tampon, due to arrest or some other situation and having a tampon in for 4+ hours can cause Toxic Shock Syndrome. Cloth pads are best and can be bought or hand made.

Knowledge of The Action: Know what you are protesting against and why. Also know any march routes or action plans, weather, the nature of the cops and other important information like that. Be prepared know as much as you can.



NOBODY CAN GIVE YOU FREEDOM. NOBODY CAN GIVE YOU EQUALITY OR JUSTICE OR ANYTHING. IF YOU'RE A HUMAN, YOU TAKE IT. - Malcom X

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Response For A Diversity Of Tactics: if someone is doing a nonviolent sit-down then don't come along and throw bricks and if a group is throwing bricks don't come in and throw up peace signs and block those throwing bricks. We are all in this together and we have to respect each others actions regardless of their level of risk and their tactics. To win we must use different tactics and we all don't always agree with each other but we MUST respect each other. We must also never ever snitch on each others actions and talk to police, we must stay silent to the state and make sure nobody gets in trouble and if they do help them get out of trouble and keep every one of us safe.

Banner: make it very legible and good looking and make sure you have people to carry it. It can help provide cover or can be reinforced for extra protection

Bicycle: having a bike can be useful if you might need to get away fast. Cop cars cannot go everywhere but bikes can go most places. They can also be useful for making barricades if you know what you are doing. Bicycle cops frequently use this tactic for blocking protesters. Make sure you have one that isn't your best bike it could get taken or ruined

U-Lock: great for lock-downs, locking up your bike as well as protecting yourself should the situation arise or scaring off potential attackers without violence.

Prepare for the protest: get your mind and body all ready for the protest/action, eat a healthy fruit/veggie/whole grain filled breakfast, exercise and get plenty of sleep and if possible take a shower and get oil off your skin

Don't bring/do this stuff

Drugs/Alcohol: never bring or do drugs or alcohol at a protest. They can get you in a lot more trouble and get folks around you in more trouble. Stay sober before and during the protest

Piercing and Loose Items: things like earrings and long hair can be pulled by cops and can hurt a great deal and get infected and things like loose pants can fall off and make you trip and fall.

Contact Lenses: in case cops do use chemical attacks you don't want these in your eyes they can trap chemicals and cause eye damage. Wear glasses if need be, don't try and take contacts out quickly.

Organizers/Address Books: if the cops get these they will use them to hurt your friends and other activists you might have written in them. Keep all personal info away from cops.

Fear: Don't listen to rumors unless they can be verified and always stay strong. The only thing we have to fear is fear itself

Authoritarian Attitude: leaders don't help situations and people feeling like they are being told what to do will turn them off. We can easily be a leaderless movement and run things on consensus. Being leaderless also confuses cops and allows us too act as one.

Always stick together and stay calm. Be aware of your surroundings and know your limits. If you can do some training, such as direct action, police tactics, marching and self defense. NEVER TALK TO COPS OR GIVE THEM ANY INFORMATION. Have fun and never give up and never give into the state no matter what.

Bodyhammer: Tactics and Self-Defence For the Modern Protester:
<http://www.24vo.com/sairin/bodyhammer.html>

Delia Smith's Basic Blockading:
<http://www.scmnews.org.uk/diyguide/>
<http://blockadingforbeginners.pdf>

Anarchism in Action: Methods, Tactics, Skills, and Ideas:
<http://iaia.mahost.org/>

How to Smash Everything, An Anarchist Sourcebook:
<http://www.325collective.com/smasheverything.pdf>

Blockading: A Guide:
<http://libcom.org/organise/misc/articles/blockade-guide-tools.php>

Staying Healthy for Civil Disobedience Actions:
<http://www.bostoncoop.net/~balm/cdprep.pdf>

An Activist's Guide to Basic First Aid:
<http://blackcrosscollective.org/pub/aag>

Scouting Training Manual:
<http://www.reccreate68.com/ruckusscoutingmanual.pdf>

Creative Direct Action Visuals:
http://ruckus.org/downloads/RS_ActionVisuals.pdf

Know Your Rights:
http://www.nlg.org/resources/kvr/kvr_English2004.pdf

A Hand Becomes A fist: Legal Solidarity Manual:
<http://www.midnightsspecial.net/files/legalsolidarityhandbook.pdf>

Security Culture: a handbook for activists:
<http://security.resist.ca/personal/securebooklet.pdf>

Pepperspray, CS, & Other "Less-Lethal" Weapons:
https://dissentnetwork.org/files/en_sanis_autonommedical_collective.pdf