

HEADING TO A PROTEST? BE SAFE. BE PREPARED.



Public demonstrations can be powerful spaces for visibility, advocacy, and solidarity, but they also pose unique risks of harassment, targeting, outing, counter-protest activity, police interaction, and digital exposure. Before heading out to an event, consider taking the following precautions.



PLAN AHEAD

- Anticipate police presence and counter-protests
- Know exits, transit, and nearby safe spaces
- Share your plan + check-in time with someone
- Bring ID, meds, cash, & written emergency contact
- Charge your phone; bring a portable battery



BRING A BUDDY

- Go with a friend; stay together
- Pick a clear meet-up spot in advance
- Share contacts and basic plans
- Check in on each other regularly
- Leave together before conditions escalate



STAY ALERT

- Scan surroundings; watch for shifts in behavior
- Trust your instincts; create distance early
- Do not engage with agitators
- Avoid dense areas; stay near edges when possible
- Leave if conditions feel unsafe

OTHER WAYS TO HELP

- Donate supplies such as hand sanitizer, bottled water, and snacks directly to the organizers.
- Make a financial donation or volunteer your time to trusted organizations.
- Contact your elected officials through calls, emails, and petitions that address them directly.



DRESS & PACK SMART

- Wear weather-appropriate layers & walking shoes
- Bring water and small, high-energy snacks
- Pack light; limit valuables
- Add sun/rain protection as needed
- Be mindful of how identifiable you are



PROTECT YOUR PRIVACY

- Decide in advance how visible you want to be
- Limit personal details shared with strangers
- Review phone settings before leaving
- Be mindful about photos and recordings
- Use secure messaging when possible



PLAN YOUR EXIT

- Choose exit routes before you arrive
- Identify quieter streets or safe zones
- Avoid bottlenecks and crowded choke points
- Monitor time, energy, and crowd changes
- Leave early if conditions begin shifting