Safely Protesting: Tips for before, during, and after

Protesting during the COVID-19 pandemic can be tricky. To help, we’ve gathered a few tips for protesting safely.

Updated: July 8, 2020

**BEFORE YOU GO**
- Hydrate
- Pack light
- Check weather
- Charge your cell phone
- Evaluate travel plans, and know multiple routes to/from your location
- Determine an emergency contact, and inform them of your plans from the point you leave to the point you [intend to] get home
- Write down emergency and legal assistance contact information (not only in your phone)

**WHAT TO BRING**
- Water (with a squirt top to drink and wash with)
- Hand sanitizer
- Snack(s)
- Identification
- Emergency contact information (write it down in case your phone dies)
- Enough money to a pay phone, public transit, food
- Required medication
- Tissues or wet wipes
- Basic first aid supplies
- Paper, pen, or other materials for documentation and reflection
- External/portable battery
- If you’re menstruating, pads instead of tampons

**WHAT TO WEAR**
- A mask/ bandana
- Comfortable, protective shoes
- Clothing that covers your skin
- Shatter resistant eye-protection
- A hat

**WHAT NOT TO WEAR**
- Vaseline, mineral oil, oil-based sunscreens or moisturizers
- Contact lenses
- Loose hair, jewelry, clothes

**WHILE YOU’RE THERE**
- Wear a mask!
- Stay away from large public containers (e.g., trash cans, mailboxes, dumpsters, news stands)
- Practice physical distancing
- Use the water, snack, and hand sanitizer you packed
- Reflect on your role, your purpose, your goal(s) and their alignment with the collective role, purpose, and goal(s)

**WHEN YOU’RE HOME / BEFORE YOU GO AGAIN**
- Clean off and wash your hands/body
- Revisit the “what to bring” list
- Reflect on your values, actions, behaviors, and goals
- What role have you played?
- How do you feel about the role you played?
- What, if anything, will you strive to change next time?
- What, if anything, will you strive to maintain next time?

**REFERENCES**
https://www.amnestyusa.org/pdfs/SafeDuringProtest_F.pdf
https://www.hrc.org/blog/tips-for-protesting-peacefully-and-safely
Protesting during the COVID-19 pandemic can be tricky.

To help, we've gathered a few tips for protesting safely.

Updated: July 8, 2020

**BEFORE YOU GO**

- Hydrate
- Pack light
- Check weather
- Charge your cell phone
- Evaluate travel plans, and know multiple routes to/from your location
- Determine an emergency contact, and inform them of your plans from the point you leave to the point you [intend to] get home
- Write down emergency and legal assistance contact information (not only in your phone)

**WHAT TO BRING**

- Water (with a squirt top)
- Hand sanitizer
- Snack(s)
- Identification
- Emergency contact information (write it down in case your phone dies)
- Money to a pay phone, public transit, food
- Required medication
- Tissues or wet wipes
- Basic first aid supplies
- Paper & pen to document and reflect
- External/portable battery
- If menstruating, pads instead of tampons

**WHAT TO WEAR**

- A mask/bandana
- Comfortable, protective shoes
- Clothing that covers your skin
- Shatter resistant eye-protection
- A hat

**WHAT NOT TO WEAR**

- Vaseline, mineral oil, oil-based sunscreens or moisturizers
- Contact lenses
- Loose hair, jewelry, clothes

**WHILE YOU’RE THERE**

- Wear a mask!
- Stay away from large public containers (e.g., trash cans, mailboxes, dumpsters, news stands)
- Practice physical distancing
- Use the water, snack, and hand sanitizer you packed
- Reflect on your role, your purpose, your goal(s) and their alignment with the collective role, purpose, and goal(s)

**WHEN YOU’RE HOME / BEFORE YOU GO AGAIN**

- Clean off and wash your hands/body
- Revisit the "what to bring" list
- Reflect on your values, actions, behaviors, and goals
  - What role have you played?
  - How do you feel about the role you played?
  - What, if anything, will you strive to change next time?
  - What, if anything, will you strive to maintain next time?

**REFERENCES**

- https://www.amnestyusa.org/pdfs/SafetyDuringProtesting_F.pdf
- https://www.hrc.org/blog/tips-for-protesting-peacefully-and-safely