



NONVIOLENT DIRECT ACTION PARTICIPANT

DO'S + DON'T'S

Do's!

Take only what is necessary/essential

- ✓ ID
- ✓ Small amount of cash
- ✓ Essential medication such as inhalers and insulin, with prescription.
- ✓ Medic Alert card/wristband clearly identifying any medical conditions you may have (even if you haven't had them in a long time)
- ✓ Cell Phone
- ✓ Water
- ✓ Protein/Energy Bar (don't go hungry)
- ✓ Contact #'s (write legal # on your arm in case you are arrested + separated from your belongings.)
- ✓ Buddies with you
- ✓ Emergency contact person

Do dress comfortably, in layers in winter.

Do be alert, notice what is going on around you, respond to all police instructions.

Do know your rights: bit.ly/NLGKYR Note if there are National Lawyers Guild observers near you (wearing bright green baseball caps with "NLG" at large demos.)

De-escalate situations. Stay calm.

If you record/take pictures safely. Depending on the context, let the aggressors know you are.

Don't's

Do Not Bring Any of the Following

- ✓ Anything that could be thought of as a Weapon by police:
 - ✓ Pocket Knives
 - ✓ Guns
 - ✓ Screwdrivers
 - ✓ Rocks
 - ✓ Anything that can be used as/interpreted as a weapon
- ✓ Hanging Jewelry
 - ✓ Take Off Earrings
 - ✓ No Chains
- ✓ Non-prescription Drugs
- ✓ Contact Lenses (use glasses if there is a concern about tear gas or pepper spray)

Don't touch an angry person.

Don't touch a police officer or their bike, horse, baton, etc.

Do not resist arrest or fight with police

Do not make sudden movements or circle behind or surround police.

Don't run unless necessary.

Tools for grounding and protecting
<http://www.wri-irg.org/node/23378>

WAR RESISTERS LEAGUE

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