

PEACEFUL PROTEST HANDBOOK

FIRST EDITION

Nobody wrote this.

A FOREWORD

This is not written to tell you how or why to protest. I make no value judgment about whether you want to march in silence and raise your fist, or burn down police stations and smash the windows of corporate buildings. Just please do not confuse your allies with different techniques for the enemy—the police, the state, and their enforcers, supporters, and affiliates.

This is, however, written to tell you how to survive on the frontlines of a protest, even when things get ugly. Whether you are attending a small sit-in, facing off against inordinately well-armed police, or actively fighting for your life and right to a dignified existence, there are things you will need to know that will be contained within this handbook.

Fuck cops. Blue lives do not exist, and if they did, they would not matter. Black Lives Matter. Protect your LGBTQ+ family. Protect those without housing. Rally against anti-Semitism and Islamophobia. Rally against capitalism, corporatism, white nationalism, Nazism, and warmongering. Do not cede to apathy, ignorance, or malice. Give a shit, and to the best of your ability, get out there.

Distribute this as widely and effectively as you are can, provided it does not endanger you. Twitter, emails, word of mouth and hand-written links, Tumblr posts, whatever you need to do. Share the .pdf as much as you feel like, or, if you would rather, share the associated MEGA link.

Once more, thank you. My one ask attached to this is that you do not take credit for this, and do not attempt to give credit to anyone else either, even if you believe them to be original author. They are not.

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Equipment Lists

For: Everyone (“Big Four” of Absolutely Essential Equipment)

- Medium-sized backpack
- Bandanna
- Hydration for yourself and separate, bottled water
- Food

For: Moderately-Equipped or Mid-Budget Protesters

- Nondescript medium-sized backpack
- Carabiner(s)
- Bandanna or a respirator
- Shatterproof eyewear
- At least one disposable water bottle (doubles as piss bottle when empty)
- Granola and/or trail mix (both for yourself and distributing)
- Rain poncho (both for inclement weather and covering/concealing other items)
- Band-aids

For: Well-Equipped, Experienced, High-Activity Protesters

- Nondescript medium-sized backpack with removable markings
- Carabiner(s), bungee cord, and shock cord for strapping items to backpack
- Bandanna and a respirator or a gas mask with shatterproof lenses
- Shatterproof eyewear
- At least one disposable water bottle (doubles as piss bottle when empty)
- Granola and/or trail mix (both for yourself and distributing)
- Rain poncho (both for inclement weather and covering/concealing other items)
- Rainproof jacket (good for swapping in/out of to change attire on the fly)
- Band-aids and other bandages
- Heat-resistant gloves

Extras: Ballistic and Tear Gas Protective Equipment

- **Above all else, no matter what, do not wear contacts to a protest, even if you do not expect chemical agents to be used**
- **Finding good protective equipment is finding a balance between sealing (protection) and fogging. Just please do not skimp in this area, no matter what you choose.**
- Anything with lenses should be rated as “shatterproof”
- Respirators should be rated at least P100, which will filter to 0.3 microns, defeating tear gas’s particle size of 1.0 microns
- If your respirator or mask does not cover your eyes and fully seal, you will need additional protection
 - Fully sealed eye protection (like sealed goggles) will provide excellent protection
 - Should only be put on when expecting gas contact, unless you want to deal with constant fogging
 - Non-sealing or ventilated eye protection (like high school or college lab goggles) will provide mild ballistic protection and might mitigate the effects of momentary, sprayed agents, but they will not be sufficient for dealing with lingering gas agents
- Glasses-wearers are going to have a tougher time finding suitable equipment, but you aren’t totally out of luck
 - Some goggles can fit, albeit uncomfortably, over glasses. Goggles should be large enough to fully envelop the glasses. Just be mindful that a perfect seal is nearly impossible.
 - Inserts are ideal, albeit they take time to acquire and are expensive
 - Glasses with the temples removed can be used for makeshift inserts, but please don’t do this with your primary pair of glasses
 - Large, sealing ski-goggles can also be a useful substitute, but once again be mindful that a perfect seal is unlikely
 - Gas masks will also not seal perfectly with glasses, so be mindful of that

Extras: Eye Flush Equipment List

- Bulb applicator
- **Professional/medical grade** saline solution in a durable plastic container, should be sterile and store-bought
- Nitrile sanitary gloves

Extras: First Aid, Basic Bleeding and Burn Management List

- Nitrile sanitary gloves
- CAT tourniquet
- Surgical tape
- Box of band-aids
- Bandage wrap
- Bandage rolls
- Burn gel
- Triangular bandage
- Foil survival blanket(s)
- Multiple ABD pads
- 100ml bottle of sterile saline and syringe
 - NOT AN INJECTION SYRINGE
 - Rubber-tipped application syringe
 - Irrigation syringes are also perfectly good
 - Bulb syringe

Head Safety, Eye Safety, Lasers, and Lights

During protests, there will be debris, rubber bullets, and pepper spray in the air. It is also extremely likely that you will encounter police making use of laser pointers and lights mounted to their weapons. Keep these things in mind to save your eyes, and potentially your sight.

- Wear protective equipment for your head, or at the very least, have it on your person
 - Bike helmets are workable for this, as are construction helmets
 - Military surplus or ballistics-grade helmets are also good for this, and relatively accessible
- ALWAYS ALWAYS ALWAYS wear protective equipment for your eyes
 - Ballistic eyewear is relatively affordable and available, and you should absolutely try to invest in some
 - Look for eyewear that is rated for use around firearms and on shooting ranges; these will not stop an actual bullet, but are designed for high-impact environments
 - If you have any sort of respirator or mask with lenses, do everything in your power to find lenses that are shatterproof
 - Laser goggles and lenses are readily available, but be sure to invest in a good set, as low-cost eBay pairs are likely to be nearly worthless
 - No, your regular glasses are not good enough, plus if those get broken you're shit out of luck. But you can find goggles or glasses-friendly ballistic glasses.
- Carry a light that is separate from your phone on your person at all times, provided you have one
- If you have one, pointing your own laser at a police officer, bystander, or protester is a surefire way to catch an assault charge. Don't do it.

Dress Guidelines

This segment is designed to provide guidance on how to dress for a protest, both in terms of providing adequate protection during the protest, and to minimize your risk of being hurt or identified.

Dress to Disappear

Your clothing should be selected to maximize anonymity. This means, unless you have reason to dress otherwise, your clothing should be selected to be as average as possible.

This means casual. Not all-black. Not solid colors. Not your battle jacket. Not your favorite camouflage shorts. Your outfit should be disposable, indistinct, and non-personal, so be prepared to dump clothing and don't wear clothing you aren't okay with getting stained, damaged, or destroyed.

Dress to Be Safe

Your clothing should also be selected to protect you. Police will employ tear gas, rubber bullets, pepper spray, batons, and possibly even live ammunition. You might be grabbed, jostled, and knocked down, accidentally or otherwise, so dress for your own safety.

The average person does not have access to ballistic vests, high-impact padding, and other equipment, so focus your dress on the intersection of "easily accessible" and "effective for keeping you safe."

Also be sure to wear padding if you are able to, you'll thank me later.

Do Not Be Distinct

Your clothing should also be selected to hide identifying markers like tattoos, cover unique facial features, and obscure your silhouette and general body shape. Police and right-wing antagonists will take full advantage of the fact that cameras on all sides are everywhere, so dress accordingly.

- If you are uniquely tall, maybe wear looser clothes such that your actual height is harder to discern
- Wear padded or loose clothing to change the shape of your frame (plus padding is always good)
- If you are masculine-presenting and have noticeably long hair, consider tying it up or hiding it under a shirt
- If you have dyed hair, consider covering it, swapping dyes, or anything else you can do (I am not a hair expert, I apologize)
- If you have thick hair, do your best to cover it, both to stop identification and prevent secondary exposure to CS through particles trapped in your hair
- Do not wear identifying or large jewelry, as it can be grabbed and used to identify you
- Symbols of affiliation should not be worn as they can be used to target people in the moment, grabbed, or used as evidence of guilt or presence by law enforcement

Bare Minimum Protest Dress

Consider this a brief, functional, bare minimum list of what you should be wearing to maximize functionality and minimize individuality. You should try and find everything on this list in dull colors, with minimal personalization.

- Rugged sneakers or comfortable heavy-duty boots
 - Expect to be on your feet for extended periods of time. Closed-toe shoes are mandatory, the more rugged the better
- Thick, athletic socks
 - Wear thicker or padded items where you can, unless weather or other factors make it inadvisable
- Full-length thick sweat pants, jeans, or padded pants
 - Once again, skin-covering and relatively durable and/or padded items are the goal here
 - The other benefit of full-length items is they cover distinctive scars or tattoos
- A lightweight shirt that does not restrict movement
 - Focus primarily on being indistinct, and secondarily on not restricting your own mobility
 - Full-length, arm-covering shirts are preferred both for protection and anonymity, but t-shirts are acceptable, especially if you can find something to layer that will cover your arms
- A lightweight, loose hoodie, zip-up, or pullover *with a hood*
 - Primarily important for those near the front or wearing t-shirts, this is primarily to cover arms, obscure your general silhouette, and provide a second layer of padding on your chest
 - Hoods are important for providing a marginal amount of padding for your head, protecting yourself from recognition from non-frontal angles, and casting shadows on your face that will disrupt both manual and AI-based facial recognition processes.
- A bandanna or other face covering
 - On its own, a bandanna will do little to prevent focused facial recognition attempts, but coupled with good awareness, it can be used to prevent on-the-fly recognition attempts and help you blend into a masked crowd
 - Bandannas, even while wet, will not provide excellent protection against tear gas, smoke, or other airborne debris, but they can provide a marginal amount of facial safety and padding, which is important in its own right

Police will attempt to identify people primarily by using clothes, body type and height, permanent marks like tattoos, and unusual/distinct hair. The more you can do to obscure these things, the better.

It's Not What it S.E.E.M.S.

Facial recognition relies on a multitude of factors, too many to pin down. However, keep the acronym 'SEEMS' in mind when selecting your clothing, and you'll be in good shape.

S – Shape; facial recognition leans heavily on the general shape of your face and body

Bandannas, masks, glasses, and even fake ears can all disrupt general impressions about the shape of your face. Hoods can also cast shadows that make you harder to identify.

E – Ears; ear shape, size, angle, and scars are used both my facial and manual recognition systems

Do everything in your power to cover your ears. Masks, bandannas, whatever you gotta do.

E – Eyes; eye shape, size, depth, angle, color, and more are all used by recognition systems

If you have sunglasses, wear those. Otherwise wear clothing that will cast a shadow on your face, or keep your face near a light source so cameras will have trouble seeing your eyes.

DO NOT WEAR CONTACTS, FOR THE LOVE OF GOD.

M – Mouth; mouth position, width, size, and default expression are all used, so just cover your mouth

Cover your mouth. It's a pandemic and a protest, so a bandanna is the bare minimum, but ideally try and pair a bandanna with a face mask. Just mind the symbolism on your bandanna.

S – Symmetry; facial symmetry is key to facial recognition, so throw it off with dress and haircuts

This is the most important part of this, by far. Facial recognition leans on symmetry above all else. Decrease your chances of detection by creating asymmetry, like covering your left eye with a feather or a piece of styled hair. Humorously, Juggalo and black metal-affiliated makeup patterns are notable for effectively re-defining where algorithms 'see' the jawline and eyes, rendering them almost useless, but DO NOT wear makeup or other skin applicants, as they can trap tear gas on your skin.

A common stumbling block is assuming that covering half your face with a bandanna will be sufficient. **This is not the case.**

Cover your lower face, eyes, and cast shadows on your upper face and eyes at a minimum. A bandanna, shades, and hat are a good combination. Balaclavas, glasses, and hoods also work well together.

And, just because it bears repeating, please do not wear contact lenses to a protest, no matter how peaceful or far-from-the-front you intend on being. You are exposing yourself to significant harm if you do so.

Apply the same caution about contacts to makeup and other skin applicants. Skin applicants (makeup, sunscreen, creams, moisturizers, and tattoo covering lotions, as a few examples) can absorb and trap tear gas particles, exposing you to significant injury.

Conduct Guidelines

Beforehand

- Do not bring a phone, or if you must, leave it in your car, use a cash-bought burner, or keep it in a Faraday cage
 - Turning your phone off or putting it on airplane mode is not sufficient
- Do not wear contacts, makeup, or other skin applicants
- Ensure any organized event you are attending is verified
- Be aware of your capabilities, both as an individual and, if you are with one, a group
 - As an individual, you have the ability to move quickly, make snap decisions, and secure yourself
 - As a group (large or small), you have force, numbers, collective security, and power, and utility
- Know what you are willing and unwilling to do
 - There is no shame in bailing if things move past what you are willing to do, but do not turn on your fellow protesters
 - If you choose to apply force, be careful. Never ever harm anyone you are not intending to hurt.
- Know who you are going with (if anyone), have meeting points, and take care of anyone you are traveling with; do not leave without them unless it is an absolute emergency
- Dress in a way that supports your intentions
 - If you plan on being very active, dress extremely anonymously, cover your entire face, and cover all identifying features. Also be sure to wear padding and prepare for tear gas.
- Sanitize your social media or obfuscate your presence
 - Use built-in or third-party utilities to queue post when you plan on being active
- Be aware of the fact that you are going to be in a large, diverse crowd of people whose tactics you might not agree with
 - Move forward knowing that this is a strength and do not snitch on fellow protestors
- Develop shout systems oriented around a predetermined call and response (think coded “marco polo”) that you and your affinity group will use
 - Distinct, polysyllabic words are ideal for this. Do not use real or personally significant terms
- Develop temporary aliases for you and your group to use

- Distinct-but-meaningless words, spoken first letters in names, and arbitrary phonetic letters are all useful for this
- Notify someone you trust that you will be protesting, and have their phone number as well as an attorney's written on your body in permanent marker and on your person
 - Many attorneys are offering their services, look up 'attorney + [protest area]' to find them

During

- **DO NOT CO-OPT THE PROTESTS. RESPECT THE AIM OF THE PROTEST. If you are a white person, do not be the first to act, and do not turn peaceful protests violent. As an ally, your purpose is to elevate and protect marginalized voices, not to smash shit. Be aware that anything you do will cast aspersions on the most vulnerable groups within your protest. You are acting with a collective, and with that, comes collective responsibility.**
- Stick with your group, and failing that, do everything in your power to at least stick with one buddy
- Do not take photos or videos of people's faces (BLACK OUT faces afterwards (do not blur them) and be sure to scrub metadata from any media taken at a protest)
- Actively take videos of the police, and make sure they know they are being filmed
 - Stay out of their immediate reach
 - Prepare to move if you are pointed at by an officer; you are being pointed out to police grenadiers who have tear gas, pepper ball rounds, and rubber bullets
- Mind the locations of any and all possible exits, even as you move
 - Try and relocate if you are ever cut down to having only one exit, or if police start moving on multiple potential exits
 - Organized crowds can maintain exits against police presence, at least for a time
 - Move quickly and keep police on the backfoot, always running after you. In Hong Kong it is not uncommon for riot police to arrive to disperse crowds that have already moved on. Take inspiration from that.
- Unless you have a clear path, stay with the crowd to the best of your ability
 - Separated individuals and small groups are the most likely to be detained and attacked; numbers are strength
 - Be especially mindful when people are gathering and dispersing at the beginning and end of a protest that is when people are most isolated and subject to police activity
- Keep yourself and the people around you safe
 - Render aid as you are able, move people away from tear gas, pick people who fall up, and ensure those who are not able-bodied are not alone

- Your strength is collective, and as a collective, you are powerful
- If you insist on communicating during a protest, use limited-time and encrypted messaging tools
 - Private Telegram rooms and short-timer Signal messages are ideal

Leaving the Protest

- If you are in a situation where you are forced to retreat, do your best to stay facing the police, and keep on the move
- Be very careful and take circuitous, repetitive, or otherwise hard-to-follow paths back to your vehicle and place of residence
 - On the one hand, this is to make police tails lose track of you. On the other hand...
 - It is more important that the path you take is designed to reveal anyone following you, such that no sane person would take the path you are taking
 - Driving past your residence multiple times, driving in circles, taking a handful or even tens of right turns back-to-back, pulling over and then getting back into traffic are all viable tactics
- Change the profile of your attire while on the move
 - Drop or put on a jacket, hat, gloves, or other distinct and easily swapped outerwear
 - If at all possible, change colors and other aspects of presentation (hair up or down)
- Never leave a protest alone
- Pick a pathway out that has the clearest open sightlines
 - Parks are very open and have fewer cameras and, as such, are optimal
- Walk, don't run
 - This will both conserve energy and make you less obviously protest-related
 - Police can, have, and will use 'fleeing' as evidence of guilt
- Go to a rallying point that you have established with your group if anybody was separated during the protest
- Walking opposite the direction of one-way streets gives you clear sight of oncoming traffic and easy escape from hostile vehicles

After

- Completely change out of the clothing you were wearing as soon as reasonably possible
- Black out faces in photographs and videos with permanent alterations

- Do not use Twitter stickers, they can be negated and removed by using old versions of Twitter
- Do not use soft blurs, these can be undone
- As necessary, also black out distinctive features or clothing, or entire bodies
- Strip metadata from photographs and videos
- Do not brag or talk on social media, including:
 - Direct conversation (“I did X, Y, and Z.”)
 - Indirect or oblique references (“I did something during these protests.”)
 - Disclosure of presence, location, or affiliation (“Yeah, I was there.” and “I was with A, B, and C.”)
 - Sarcastic, oblique remarks of ‘deniability’ (“I *totally* didn’t do anything during the protest.”)
 - Selfies, tagging of friends, locations on images
- Wash your clothes multiple times and take a cold shower at least 20 minutes long, especially if you’ve been exposed to tear gas
- Privately talk, debrief, and coordinate with relevant organizers

Tear Gas Negation Techniques

Mind the fact that tear gas grenades are explosive, and you never want to be in the immediate vicinity of one that is detonating; even if you intend to extinguish or otherwise negate a shell, do so after it has detonated. Tear gas grenades and other munitions will be extremely hot, and will detonate with a significant amount of force and noise, so be extremely cautious and aware when tear gas is being deployed.

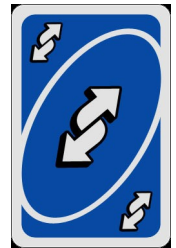
Tear gas grenades are also incendiary, and as such, do pose a fire hazard. Be aware of grass or other flammable materials (including low or dangling clothing) in the immediate vicinity.

Only attempt these techniques if you are wearing protective equipment for your eyes, nose, mouth, and hands, and if you have a good idea of what you are doing. Otherwise, leave this to people with more experience and equipment.

Technique A: Old Reliable

Preparation: One (1) year on a little league team

Technique: While wearing protective equipment (GLOVES), grab the canister and throw it back



Technique B: Douse

Preparation: An abundant source of water, preferably from multiple water bottles

Technique: When the canister lands, after detonation but before gas starts spreading, douse it completely in large amounts of water until inert

Technique C: Cone / Chimney

Preparation: One (1) traffic cone and an abundant source of water, preferably from multiple water bottles

Technique: Place the traffic cone over the shell after detonation, preventing the spread of the gas. From there, pour water into the top of the traffic cone until the shell is extinguished.

Technique D: Baking Soda Bath

Preparation: One (1) wide-mouthed container and one (1) bottle of water containing three (3) spoonfuls of baking soda per one (1) liter of water.

Technique: Fill the wide-mouthed container halfway with the water-baking soda mix. Dunk the canister in the water-baking soda mix and partially seal, as to let air out to prevent an explosion.

Tear Gas Exposure and Remedies

Terms you should associate with tear gas: Tear gas (of course), CS, CN, and Triple-Chase/Triple-Chaser (a specific tear gas cluster grenade used by American law enforcement, including those in Minneapolis).

Signs that a tear gas volley is inbound or happening: Police officers putting on gas masks, messages containing the word “deliver,” messages containing requests to use CS/tear gas, and callouts relating to 37mm and 40mm munitions. Grenades and other CS munitions will detonate with extremely loud bangs (followed by a “fwoosh” if volume levels let you to hear it), and will have flames exiting vent ports on the canisters. CS munitions do give off a low flash, but the noise, flame, and police behavior are more reliable indicators of their presence. Occasionally, tear gas munitions will give off a visible trail. Of course, a pale white gas spreading at ground level is the most obvious indicator.

“Tear gas, formally known as a lachrymator agent or lachrymator, sometimes colloquially known as mace, is a chemical weapon that causes severe eye and respiratory pain, skin irritation, bleeding, and blindness. In the eye, it stimulates the nerves of the lacrimal gland to produce tears.”

Tear gas, or CS, is an internationally prohibited chemical weapon that is used by law enforcement and military forces across the globe. Despite being common, little modern information about tear gas exists, since public knowledge is outdated and modern tear gas developments are private.

Tear gas is delivered in a multitude of ways, through hand-thrown grenades, launched/fired projectiles CS gas balls, and more. These will all generate large amounts of force, heat, and sound. As such, unconditionally, your first priority is to get immediately clear of a CS projectile. If you intend to extinguish it, move in on the grenade after it has detonated, and make sure you are wearing adequate protective equipment for your hands, eyes, nose, and mouth.

Pre-Exposure Preparation

Keep in mind that tear gas is standard within American law enforcement arsenals, so no matter how peaceful or far-from-the-front you plan on being, anticipate tear gas being used.

- DO NOT WEAR CONTACTS. Contacts are gas permeable to allow your eyes to breathe, and as such, will trap tear gas particles against your eyes, which can easily lead to long-term injury or even blindness.
- Wear a gas mask, or failing that, a bandanna (especially one you can readily soak with water)
- Tie-up and cover long or thick hair
- Wear goggles or other eye protection to the best of your ability
- Wear clothing that covers as much skin as possible
- Keep clean, bottled water on your person at all times
- Do not wear makeup or other skin applicants (they can trap CS particles)

During Exposure

- Get clear, first of the grenade as SOON AS POSSIBLE AND IDEALLY BEFORE IT DETONATES (it is a pyrotechnic device and as such, will produce a significant amount of noise, force, and heat), and secondarily to move to fresh air
- If you still decided to wear contacts (DON'T), remove them immediately
- Move quickly, but do not run, and keep your breathing steady, as to avoid drawing in large amounts of tear gas
- Help anyone who is on the ground; tear gas is heavy and settles, meaning people incapacitated or knocked down are being exposed to extremely high concentrations of tear gas

Post-Exposure Care and Cleanup

- As soon as possible, wash your face and eyes with a professional saline solution, or if that is not available, cool, sanitary water (do not use standing water ever, and do not use water for pepper spray)
- Take off any contaminated clothing immediately, place them in a bag, and wash later with detergent
- Blow your nose and spit often to clear your sinuses and airways
- Take your shoes off before entering/approaching your place of residence
- Allow tear gassed clothing to rest in an open, well-ventilated area for at least 48 hours before washing them two or more times on their own apart from non-contaminated items
- Take a cold shower for at least 20 minutes, taking care to wash your hair first to get rid of trapped CS particles
 - Avoid showering in a way that would let water passing through your hair make contact with your eyes, mouth, or privates
- Get lots of fresh air and do not over-exert yourself
- Avoid alcohol, caffeine, and fatty foods for the next few days to let your liver process things
- Consume detoxifying agents to help your body process the tear gas as it breaks down
- Drink two liters of water per day to help cleanse your body
- Do not masturbate, engage in sexual activity, or engage in any other sorts of intimate contact for at least a week (with consistent showers and had washing) after exposure to tear gas or pepper spray
 - I know you think you washed your hands well enough. You didn't. Hands off.

Police Tactics and Responses

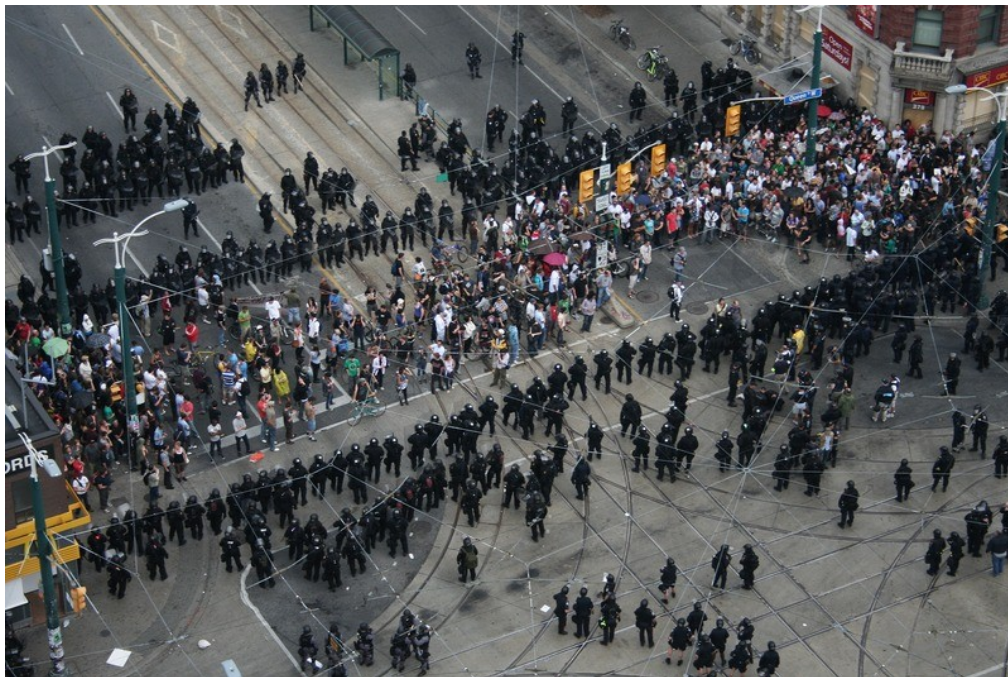
Kettling / Corralling

Kettling (sometimes referred to as corralling) is a police tactic that involves establishing a line (or lines) of police officers that will move to contain a crowd within a limited area. Kettling will also sometimes involve the closure of infrastructure, like bridges, or the shutdown of public transportation to further restrict travel options.

Protesters are therein forced to choose between one police-controlled 'exit,' or are unable to exit, with the hope that the duress of being surrounded will force protesters to disband or accept arrest.

Here are some tips:

- Stay mobile throughout the protest to make establishing a kettling plan difficult for police
- Always monitor exits and ensure you have at least two, ideally three, that are clear of police presence
 - If you notice you are down to one exit, or if police are starting to crowd possible exits, it's time to move on or bail
- If police are forming a line, attempt to get through the line with others while the line is being established, rather than after the fact
 - Police tend to tackle one objective at a time, and individual arrests are secondary to establishing a line for kettling



Mass Arrests

A mass arrest occurs when police apprehend large numbers of people at once, typically at protests. Mass arrests are immensely controversial, as they tend to involve the arrest of large numbers of bystanders, and police are rarely equipped to process everyone detained at a mass arrest.

Here are some tips:

- Know when a mass arrest is coming
 - The presence of police buses (or the seizure of normal buses) indicate that the police are intending to arrest a large number of people
 - The closure or controlling of exits (see: Kettling / Corraling) is also a sign
- Know what to do
 - Always stay with the crowd; mass arrests revolve around continually dividing the protest until smaller groups and individuals can be arrested
 - Passively resist
 - Refuse to walk onto buses, which will force police to use cars and vans, which uses up their time and resources
 - Do not talk to police under any circumstances (see: Scripts and Guidelines for Police Interactions)
 - Demand everything you can
 - Food, water, medical help, toiletries, a phone call, a pen and paper, and the police code of practice
 - Resist at the police station
 - Do not walk or walk slowly, do not cooperate with fingerprinting and DNA swabs, do not sit calmly for mugshots, and make undressing for searches difficult and time-consuming
 - Waste their time
 - Do everything in your power to make police interactions take up valuable time, attention, and resources (this goes beyond mass arrests as well)
 - Closing tips
 - Trust your own judgment of the situation and do not do anything you believe will endanger you or your fellow protesters
 - Stay unpredictable but never reckless or self-endangering
 - You are likely to be released with no charges or minimal charges, don't add to that

Setup and Seizure of Barricades

Police will attempt to erect their own barricades (typically metal and resembling bike racks in America, though they are occasionally made of plastic or wood) to establish a line. They will also attempt to seize barricades established by protesters, for a variety of reasons, namely to ensure that they have a monopoly on space control and to prevent protesters from having cover and extra time to react.

Here are some tips:

- Give the police line space
 - This gives you time to react if they attempt to push forward to seize individuals or materials
- Bring your own barricades and fight for them
 - Barricades can be made of bike racks, wooden palettes, standalone fences, tables, shopping carts, pretty much anything at hand
 - Engage in tug of war; a crowd can often outpace the police and have more people fighting for a barricade than the police can muster
- Have multiple layers of barricades
- Keep an eye on what the police are committing to
 - Breaking from the line to seize barricades puts the police at risk, and as such, they will likely avoid extended attempts at barricade seizure unless they are planning on pushing forward

Snatch Squads

In the context of protests, riots, and demonstrations, snatch squads are groups of police officers who will break from their line, rush forward, and attempt to seize an individual or individuals who have clear influence on the protest.

Individuals liable to be targeted are those leading chants, directing crowd movements, continually recording the police, and those who are recognizable as experienced activists.

Here are some tips:

- Ensure the most important members of your demonstration are not at the front of your group
- People at the front should link arms and attempt to stop or slow down snatch squads
- Provided doing so does not expose you or the person you are attempting to help to additional danger and injury, manually resist police attempts to rush forward and arrest people
 - Snatch squads typically do not have the immediate support of the rest of the police line, so use this to your advantage and attempt to de-arrest and protect those being targeted

Scripts and Guidelines for Police Interactions

Do not speak to the police unless absolutely mandatory. If that's the case, speak as little as possible and as clearly possible. Do not use slang or vernacular. Do not mince words or make small talk. *Do not speak unless you are invoking your rights, and say nothing outside of that.*

When it comes to invoking your rights, do so unequivocally, with no other conversation.

Despite their legal obligation to do so, police will likely not read you the Miranda warning. Know it well; it is as follows:

- You have the right to remain silent.
- Anything you say can be used against you in court.
- You have the right to talk to a lawyer for advice before we ask you any questions.
- You have the right to have a lawyer with you during questioning.
- If you cannot afford a lawyer, one will be appointed for you before any questioning if you wish.
- If you decide to answer questions now without a lawyer present, you have the right to stop answering at any time.

Also be aware of the fact that police will lie to you, lie about what is illegal, and intimidate you. Record your interactions, inform them that you are recording, and do not speak except to invoke your rights.

DO NOT SPEAK WITHOUT A LAWYER PRESENT. DO NOT SPEAK EXCEPT TO INVOKE YOUR RIGHTS.

Invoking Your Right to a Lawyer

- Say, in the exact words listing, one of the following:
 - "I want a lawyer."
 - "I am invoking my right to speak to a lawyer."
 - "I will not speak until I have met with a lawyer."

Invoking Your Right to Remain Silent

- Do not engage in conversation
- Say, in the exact words listing, one of the following:
 - "I am invoking my right to remain silent."
 - "I am invoking the fifth."
- If you do choose to speak for any reason (**don't**), you must **RE-INVOKE** your right to remain silent afterwards, by repeating the phrase above.

Readily Intelligible Law Resources

Regent University Law Professor James Duane: “Don’t Talk to the Police”

<https://www.youtube.com/watch?v=d-7o9xYp7eE>

- Synopsis
 - Even innocuous statements can be contorted. Fifth-amendment invoked silence and invoking your right to a lawyer are the only two things you can actually rely on. “Every time you talk to the police, you are going to regret it... Truthful answers can help to crucify an innocent man.”

Pot Brothers at Law: “One MINUTE TIP of the day”

<https://www.youtube.com/watch?v=JTurSi0LhJs>

- Synopsis
 - The best thing you can do around police is, and I quote, “shut the fuck up.” Invoke your rights, don’t justify anything, and be quiet. Demand to know why you have been stopped or detained. Decline to discuss your day or actions with the police. Demand to know if you are being detained or if you are free to go. Say “I invoke the fifth.” Be totally silent from there.

Informational Security

Technology is not your friend in protesting and activism. Use these tips to keep yourself safe both during and after protests.

- Phones
 - Unless absolutely necessary, leave your phone at home or in your car
 - If you are going to carry your phone, place it in a Faraday cage
 - Cash-bought burner phones and old phones with no geolocation hardware are also useful
 - Any and all devices should be placed on airplane mode and have WiFi connectivity disabled
 - Lock any and all devices with complex passwords and disable fingerprint/face bypasses
 - Disable any and all location services functions
 - Turn off your phone and leave it stationary for long periods to build a consistent metadata pattern
 - Sharp changes in metadata can, have, and will be used to sniff out presence at protests
- Messaging, Social Media, and Communication
 - Only use encrypted and/or timed messaging services like Signal (short timer) or Telegram
 - Sanitize your social media presence
 - Remove pictures of yourself and tagged photos
 - Private any public-facing accounts
 - Do not brag or talk on social media, including:
 - Direct conversation (“I did X, Y, and Z.”)
 - Indirect or oblique references (“I did something during these protests.”)
 - Disclosure of presence, location, or affiliation (“Yeah, I was there.” and “I was with A, B, and C.”)
 - Sarcastic, oblique remarks of ‘deniability’ (“I *totally* didn’t do anything during the protest.”)
 - Selfies, tagging of friends, locations on images
- Purchasing
 - Use cash or loaded Visa cards that have been paid for with cash and do not have your name attached
- Photos and videos

- Strip all metadata manually or using a scrubber
 - <https://everestpipkin.github.io/image-scrubber/> is a brilliant scrubbing/blurring tool
- Black out faces and distinct features in photos; blurring is NOT sufficient
- Dress
 - Cover as much of your face as possible
 - Cover any distinct features like tattoos, scars, birth marks, dyed hair, etc
- Cameras
 - Do not take pictures of faces or distinct features unless they are those of the police
 - Never, ever let a camera see your face, even if it's from a fellow protestor
 - Do not record yourself or fellow protesters
- Conversation
 - Do not use your real name or personally significant information
 - Develop nicknames and callsigns within your group of affiliation
 - Do not share plans, even at protests, unless it is directly and privately with someone you personally know well and trust
- Internet
 - Use a VPN if you plan on engaging in digital activism
 - Do not use DropBox or Google Drive for sensitive information and files
 - Never manage sensitive information and files with accounts you personally use
 - Use reliable, open-source ad-blockers, javascript blockers, and crypto mining blockers
 - Disable Flash functionality
- The Holy Grail
 - <https://docs.google.com/document/d/1615pZB11BhsR0KtvyiXfzfMUBlxZi47HzzhWHIRpxwU>
 - This has more than I could ever tell you about. It rules.

First Aid

General Practice

- Unless necessary, only make contact with blood and bodily fluids while wearing sanitary gloves, preferably nitrile sanitary gloves
- If you can, carry band-aids, bandages, and wraps on your person at all time
- Be aware of where protest medics are at all times to the best of your ability
- Be aware of what you are prepared to treat, and do not attempt to treat injuries you cannot
- Do not give injured people solid food or drink, only small amounts of clean water
- Bring to a hospital, field medic, or experienced care provider as soon as possible

Bleeding

- Apply direct pressure with both hands
 - Pressure should be both firm and steady
- Uncover the site of the bleeding if it is covered by clothing
- Apply further firm, steady pressure to the wound, using a bandage or clothing
- If bleeding does not stop, find or make and apply a tourniquet
 - THIS WILL HURT. But it is better than bleeding out.
 - Keep the phrase “HIGH AND TIGHT” in mind
 - Using a pre-made tourniquet
 - Place 2-3 inches closer to the torso from the bleeding site, on skin or over clothing
 - Pull the strap through the buckle
 - Twist the rod (windlass) tightly
 - Clip and secure the rod
 - Using an improvised tourniquet
 - If possible, place a bandage or piece of clothing against the wound
 - Wrap a bandage or clean article of clothing 2-3 inches closer to the torso than the wound
 - Place a stick or other small, firm rod over the bandage
 - Tie the bandage to the rod and twist the rod until the bleeding is stemmed
 - Tie the rod in place or secure it otherwise

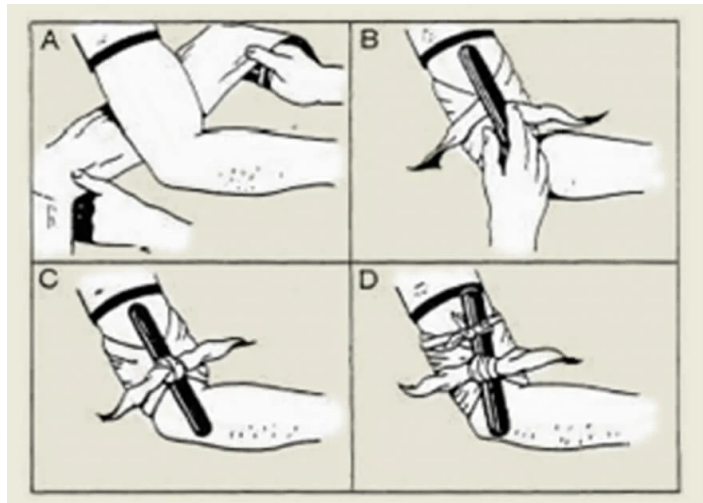
Improved tourniquet application infographic

A: Wrap 2-3 inches from injury, closer to the torso

B: Place a firm object that can be used as a windlass (like a stick or pole) on the wrap

C: Tie the wrap to the windlass, and twist until tight and firm

D: Secure the windlass by tying it down, holding it in place, securing it to clothing, or any other method that will not allow it to come undone



CPR

- If you yourself are not fully confident, find someone who definitely knows how to perform CPR
- Invest in a bag valve mask if you know how to perform CPR seriously
- Always work in pairs or teams to ensure quality, uninterrupted care
- **Only attempt if the person does not have a pulse**
 - Check for a pulse on the carotid (middle, slight side of the neck)
 - The carotid is valuable because it retains a distinct pulse the longest
 - Put your ear in front of their mouth such that you can listen for breathing sounds and look for the rising and falling of the chest at the same time
 - If they have a pulse but aren't breathing **JUST DO RESCUE BREATHS**
 - If you commence CPR, **DO NOT STOP** until someone takes over or they regain a pulse
- As long as a pandemic is happening, only attempt hands-only CPR
 - Cover your mouth and the mouth of the person you are treating
 - Tilt the person's head back and slightly upwards with the mouth open
 - Push hard and fast on the center of the chest (horizontal, between armpits) at 110 bpm, using straight arms, allowing the chest to fully recoil before doing another push
 - Get a metronome app, seriously
 - If you cannot remember 110 and do not have a metronome app, 100-120 bpm will suffice in a pinch. Use songs like "Stayin' Alive" and "Dancing Queen" as your guide.
- If a pandemic is not happening, perform standard CPR
 - Tilt the person's head back and slightly upwards with the mouth open

- Push hard and fast on the center of the chest (horizontal, between armpits) at 110 bpm, using straight arms, allowing the chest to fully recoil before doing another push
 - Get a metronome app, seriously
 - If you cannot remember 110 and do not have a metronome app, 100-120 bpm will suffice in a pinch. Use songs like “Stayin’ Alive” and “Dancing Queen” as your guide.
- After 30 chest compressions, deliver two full rescue breaths before returning to compressions
 - Make a complete seal over the nose with your hands, and place your mouth over the other person’s mouth
 - Blow for one full second, ensuring the chest visibly rises
- No matter what, have an AED on board as fast as possible if you have access.
 - Most AEDs will walk you through what to do

Gunshot Wounds

- Check the body to identify both the entrance and exit wounds; treat both but tend to the more severe wound first
- Apply firm, direct pressure to the wound
 - For chest wounds, use a ventilated chest seal to prevent the lungs from collapsing
 - As a last-ditch solution, use credit card or other flat mildly flexible piece of plastic to form a seal on the wound
 - The plastic-lined sheet of paper used as packaging in a 5x9 ABD pad can be used to make an improvised chest seal
 - Place over the wound and tape down 3 of 4 sides
 - Remove chest seals if their breathing rapidly deteriorates
- As per bleeding instructions, apply a tourniquet if necessary
- Check heart rate, consciousness, and breathing, performing CPR as needed
- Elevate wounds on extremities above the heart to slow bleeding
- Make no attempt to remove bullets, other foreign objects, or otherwise probe the injury
- Treat the person for shock and transport them to professional help

HOW TO TREAT A GUNSHOT WOUND

The Art of
MANLINESS
ART 001



1: CHECK the whole body to identify entry and exit wounds. Treat both, but tend to the worst wound first.



For chest wounds, use a credit card to form an airtight seal on the wound to prevent the lung from collapsing.

2: STOP the bleeding by applying firm pressure directly to the wound.

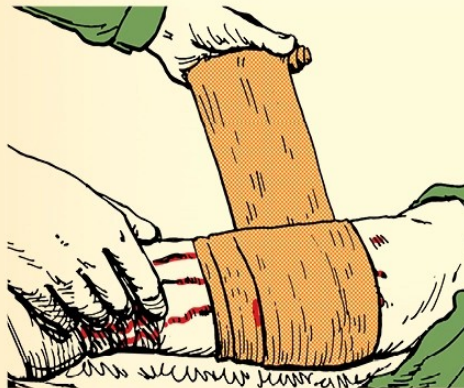


3: CHECK heart rate and breathing. Begin CPR if necessary.



Arm and leg wounds may benefit from a tourniquet.

4: ELEVATE the wound above the heart to slow bleeding (unless the shot is to the stomach or chest).



5: DON'T try to remove bullets still in the body as this may exacerbate internal damage and bleeding; just apply a pressure bandage for now.



6: TREAT the person for shock and get medical attention as soon as possible.

Head Injuries on Conscious Patients

- Universal practice
 - Keep the person lying down, still, and quiet with their head cushioned
 - Do not move the person unless absolutely necessary to prevent further injury
 - Do not remove helmets or other solid head-wear
 - Watch for changes in breathing and alertness
 - If this happens, seek a higher echelon of care immediately
- Head
 - Understand that head wounds will often bleed a lot
 - Do not depress or agitate the site of the injury
 - Only remove impaled objects in the cheeks
 - Pack both inside and outside of cheeks with bandages
- Eyes
 - Irrigate with professional saline solution to remove irritants
 - Stabilize impaled objects
 - Do not attempt to remove objects, and if you do not know how to stabilize objects, do not attempt to do so
 - Cover both eyes and instruct the injured person to not look around
- Ears
 - Leave any foreign bodies in place
- Nose
 - Pinch nostrils for 10 minutes to control nosebleeds
 - Do not remove foreign or impaled objects
- Throat
 - Severe bleeding should be treated with firm, direct pressure. Bandage non-severe bleeding.

Shock

Do your best to know the three stages of shock and how to treat them. Some of these signs will only be recognizable with training and equipment, but you should be able to roughly assess what stage a someone is in just by reading this.

- Compensated shock
 - Body realizes it cannot adequately support itself and compensates with certain other mechanics, like blood vessels shrinking to maintain blood pressure
 - Persons in this stage will be cold, possibly clammy, and have a weak pulse in their extremities
 - Their heart rate will be elevated. Likewise, their breathing will be rapid and shallow.
 - Thirst and nausea will be present as well
 - Persons in this stage will likely be coherent but agitated
 - Area around the lips may be slightly pale or blue
 - Children spend much more time in this phase, but tend to not have a significant phase of decompensated shock.; kids do not have a great warning of when their condition will deteriorate significantly. Get them to professional help immediately.
 - **Always get people- *especially children*- to professional help or a hospital as soon as even some of these symptoms show**
 - **Throughout all stages of shock, keep people warm**
- Decompensated shock
 - Ideally, the afflicted person will be at a hospital already, but this is still survivable with care and getting them to professional help
 - Body is starting to fail at compensating for the injury
 - Persons in this stage will enter an altered mental state
 - Unfocused, disconnected, inarticulate or unaware of their circumstances, improperly emotive, and sometimes almost drunk-seeming
 - Blood pressure rapidly drops, breathing will transition to labored and irregular
 - Pulse will decrease and eventually be totally absent and the rest of body will start to lose its color
 - Body temperature will drop significantly and pupils will dilate
 - **THIS IS BASICALLY YOUR LAST CHANCE TO GET HIGHER-GRADE CARE. Past this, people will enter irreversible shock, where they cannot be saved.**

Closing

I know things are scary out there. Godspeed and thank you. Stick together, fight for each other, fight for your dignity, and fight for a better world in any way you can.