COME PREPARED

Skateboarding Helmet *protects against rubber bullets, tear gas canisters and flying objects*

Ear Plugs or Muffs *sound protection*

Respirator/ Gas Mask *protection from tear gas & pepper spray*

Compression Sleeves *protects against gas irritation*

Mechanic's Gloves *heat resistance for moving gas canisters*

Baggy Pants *abrasion protection, reduce chemical effects, carry things*

Back Pack *snacks, water, medical supplies, change of clothes, tools*

Shatter Resistent Safety Goggles *protects eyes from flying debris, pepper spray, and tear gas*

Gator/Bandanna/Keffiyeh *interrupt facial recognition, protect from chemicals,*

Elbow Pads *abrasion protection*

Umbrella *blocks pepper spray, rain, & drone cameras*

Knee Pads *abrasion protection, kneeling & sudden fall*

Closed Toe Shoes *abrasion & chemical protection, running, kicking*

Some Loose Cash *untrackable bus fair, phone calls if arrested*

Dont' wear contacts because chemical weapons get under them and make things worse

If you wear glasses, then you will need to get goggles that are made to go over glasses

Don't use swimming goggles because if they're struck then they can build enough suction to **pull out an eye**

If you have **hair on your face**, then there is a good chance that your respirator or gas mask will not make a complete seal

If possible, clean all **oil products** from your skin and hair--this includes many, not all, sunscreen products--because **Tear-Gas** is actually a powder and the oil fuses with it making it much harder to remove and the effects last longer

Respirators & Gas Masks need to be rated CN and/or CS: or OC or **OV and P-100** because **Tear-Gas** is an organic compound and mace/pepper spray are liquid based

Use standard **earplugs and earmuffs**: electronic sound reduction amplifies the frequencies of the **LRAD**

STREET TACTICS & TIPS

The most important *skill* to develop and improve is **AWARENESS**.

The **first** awareness is being present in your own body: your capacities and limitations *(physical, emotional, and spiritual)*. The **second** awareness is being present in your environment: who and what are present and how it's changing.

The **third** awareness is combining the first and second and answering the question of whether the environment has crossed the threshold of your capacities and limitations.

Safely navigating tactical situations requires awareness, analysis, and swift decision making

FORM SHIFT

Cops will always be at protests. It's when you observe a form shift that things will start popping off. In the diagrams to the right, the squares represent protesters: the light circles represent the normal line of cops; and the darker circles represent the riot cops. Cops want a ratio of **3:1** to make arrests so first they just watch. The shift is when watchers are ***switched*** for the attacker cops.

Watch for shifts in numbers, armor, **weapons**, formation, types of vehicles, and for negotiations to cease; those are cues to prepare.

Cops will be there, we don;t need every detail, only the ones that signify shifts or harm. They can be navigated with **awareness**, analysis and swift decisions.

Suppression Weapons

NOTE: *Diagrams are not to scale: for reference only; FYI this is only a sample of their weapons.*

Flash-Bang Grenades produce extremely bright light and an explosion. They're used to create confusion and panic. The smoke is harmful to the respiratory system. The heat of the canisters can cause 1st & 2nd degree burns, and shrapnel is possible. Don't scatter in panic, instead duck and cover, then if needed find cover to provide you the time to read the situation.. Loss of limbs have occurred when people have attempted to throw these out of the way.

Tear-Gas Grenades use an aerosolized solid/powder compound that helps it not evaporate and remain close to the ground. It's designed to constrict vision and choke: causing pain, confusion, and panic. The powder sticks to skin *(which it stings/burns)*, hair, clothes, and upholstry so cross-and-recontamination are likely. Don't touch your face or rub your eyes: don't use milk or maalox as this will make symptoms worse. Use **Saline** for flushing eyes; and **Sudecon** for cleaning skin. **10-20 min** initial recovery time.

Pepper Spray is a close-range weapon that looks like a small extinguisher. The pepper causes painful constriction of eyes, sinus, and lungs. **Pepper Ball Guns:** *pistols* for mid-range, *rifles* for long-range: these are air-powered projectile weapons, similar to paintball guns, which cause blunt force injuries in addition to affecting eyes, sinuses, and lungs. Similar treatment to Tear-Gas but if Saline & Sudecon are not available, or you are short on supply, then **clean water** is acceptable.

Blunt-Force Projectiles include weapons such as the **Beanbag Shotgun**: rubber bullets in pistols: the **Grenade Launcher** which can be loaded with Baton Rounds, Beanbags, Flash-Bang or Tear-Gas Grenades; and the **Sting Ball Grenade**. These are *lethal weapons* and common injuries include bruising, broken ribs and bones, head injury, loss of eyes and teeth, piercing wounds, and paralysis.

LRAD: SOUND CANON

70 Meters (M) is about the length of a football field or a short city block

The **LRAD** or **Long Range Acoustic Device** is a military grade directional weapon originally designed for use on the open seas. Normal sound waves are omni-directional but the LRAD focuses the waves into a beam, and combining that with the volume and dissonant frequencies can cause disorientation, confusion, imbalance *(from the vibrating of the fluid in the inner-ear)*, nausea and vomiting, severe pain, and hearing damage or loss.

Over **137 dB** can cause damage to ear drums & the LRAD produces a sustained pressure of **162 dB**.

Bring earplugs or earmuffs with at least **30 dB** *reduction*, using either will protect you, but using them together will keep the pressure at a safe level.

First, get out of the way of the sound beam *(the center cone 15°)* and put your ear protection on. This may require getting behind a barrier like a car. **Then** you may go to help others who got trapped.

Folding Instructions

These instructions are not intended to be visible on the finished product.

The following instructions assume the use of a standard U.S. sheet of paper 8.5” x 11” size, so that it will fit in a pants pocket easily. Additionally, a pair of scissors will make the project easier to complete especially, if you are producing more than a few copies, but you can tear the cut if scissors are not available.

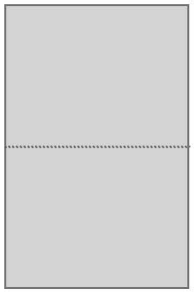
The following instructions (except for the finished product example at the end) are in the perspective of looking down at the sheet of paper.

1



The first fold is half of the long way.

2



The second fold is half of the long way, again.

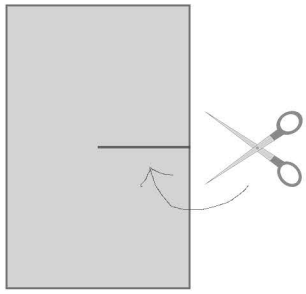
3



The last fold is half of the long way, again.

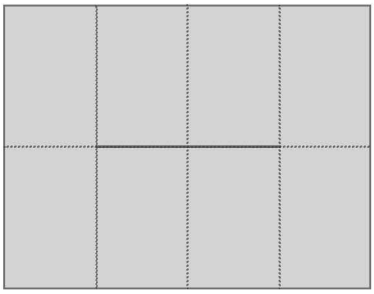
When this is complete you will have the shape of the zine booklet and a guide for the cut line.

4



Open the sheet to the half-sheet size and from the folded edge toward the open edges cut (or tear) to the half-way mark; there should be a fold line in the center separating the pages. STOP cutting there.

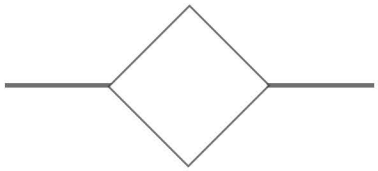
5



Open the sheet fully.

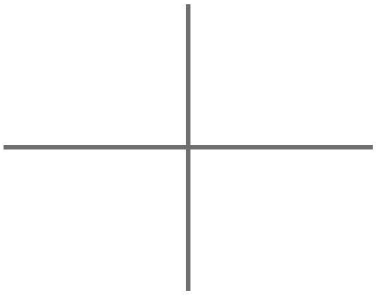
If the folds and the cut are done properly, then there should be 8 sections and a cut half the length of the sheet in the center.

6



Fold the sheet in half the long way again. When you push the ends together, you should see an open diamond in the center.

7



Continue pushing the sheet together toward the center until you have formed a cross / plus symbol shape.

Clean up your folds, paying attention to the center of the booklet.

Then fold zine into a booklet so that page one is on top.

Examples



