

Men should protect their testicles with a magnesium, aluminum, or plastic "catcher's cup" which are available at sporting goods stores.

As a general rule, we recommend heavy clothing, covering as much of the body as possible. Remember, any exposed skin is vulnerable to MACE. Women should definitely wear full length slacks, not skirts or abbreviated trousers. Shirts and blouses should have long sleeves and high necks. If the cuffs are loose and floppy, they can be held secure with rubber bands. Heavy jackets (water repellent, if possible) should be worn and will help protect the torso and arms from clubbing, and can be taken off and used as an emergency shield against MACE or high pressure water assaults.

A simple and very effective form of body armor can be made from old magazines. Cut up and tape together some magazines so that they fit over the area you wish to protect, and fasten them in place (under your clothing) with tape or an Ace (elastic) bandage. Padding under the armor is sometimes useful. The areas which you might want to protect in this way are your collarbones, solar plexus and lower abdomen, kidneys, and forearms. Areas which you might want to protect with padding alone (a towel, for example) include neck, elbows, knees, and ankles. Protect as much of yourself as you can, with due consideration for how much armor and padding you want to carry around on yourself.

Other Equipment

It may be advisable to bring a shield with your favorite slogan on it, in lieu of a picket sign. Warding off a club blow with the shaft of a picket sign is usually considered to be assault with a deadly weapon. If you can't, or would rather not, bring a shield, you can ward off club blows with heavily armored forearms, or several feet of rope stretched between your hands. If you are unable to ward off a blow, and see a club seining at you, step inside, towards the person with the club. If you try to duck or step outside the swing and don't quite make it, you'll be hit much harder and might be very seriously injured.

Everyone should carry a container of water or baking soda solution, or at least a couple of wet handkerchiefs in a plastic bag. If tear gas is used, and you don't have a gas mask, breathe through a moist handkerchief and **DO NOT RUB YOUR EYES**. To clear tear gas from your eyes, flush with water and get into the fresh air.

Finally, **PLEASE DO NOT SIT DOWN and STAY WITH YOUR GROUP.**

IF YOU ARE NOT IN A GROUP, JOIN ONE.

Self-Defense Committee