



(A ZINE FOR PROTESTERS)



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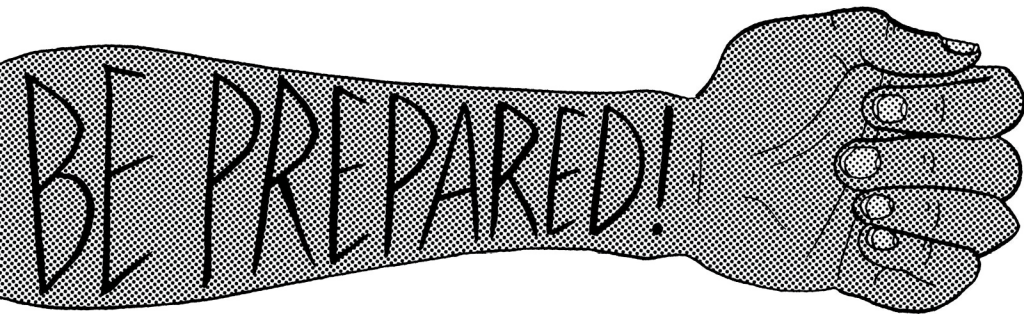
*"Fuck copyright. Feel free to mirror this book, print it out, quote parts of it, or better yet-- **ACT** upon it!"*

- Bobby Seale



With this zine you may have received a free bandana/scarf. Pass along the favor to friends or strangers who you see without a mask at protests! (If you're broke as fuck like we are, we suggest cutting them out of old bedsheets or other textiles.)





# BRING

**Scarf/  
mask** to  
cover  
your face



**Extras to  
share** if possible!

If your hair is visible/recognizable,  
also bring a **hair covering**.



**Plenty of water**  
(at least 1-2 bottles per  
person)

**Comfortable  
clothing & shoes**

Dress in *layers*!

Remember you will be doing a lot of  
walking, and maybe running.

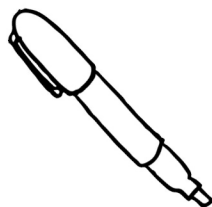
If wearing  
visible/  
recognizable  
clothing, bring  
*something else*  
you can change into quickly.



**Phone**  
+ portable  
**charger.**

## Snacks

*protein  
bars, trail  
mix--  
anything  
you can eat while moving!*



## Sharpies

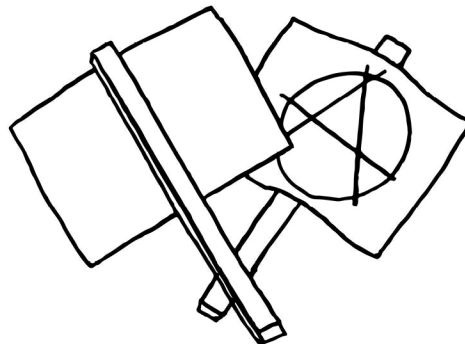
*Extras to share if  
possible*

## Milk and/or liquid antacid

*For pepper spray*



## Signs (optional)



# BEFORE YOU GO

## Eat something

## Charge your phone

If your phone dies while you're  
at the protest, *don't* keep going  
without *some form of reliable  
communication.*

## Write any phone numbers you may need directly on your skin in permanent marker.

**You'll need the numbers of:**

Someone who can *pay your  
bail* if you're arrested

A *nearby friend* who is  
not on-site, in case of  
emergency

Everyone who is going  
*with you*

If you're in a large  
group (4+ people),  
**choose a  
buddy!**

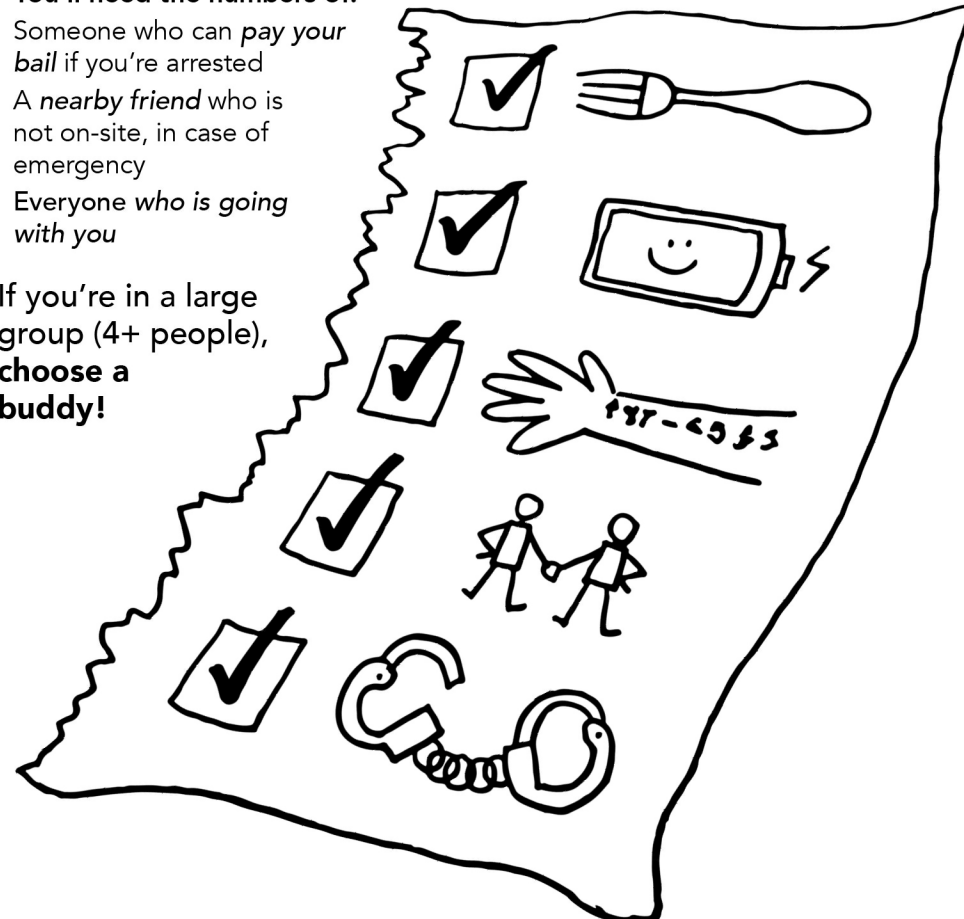
If you plan on going to  
jail, **prepare.** Don't just go  
without training.

Plan your *bail, lawyer, time off  
work, and witnesses.*

Make sure your people know your  
*legal name, date of birth, and  
medical needs.*

## LA Chapter of the **National Lawyers Guild:**

info@nlg-la.org  
(310) 313-3700



# TIPS FOR BASIC SAFETY

## MASK UP

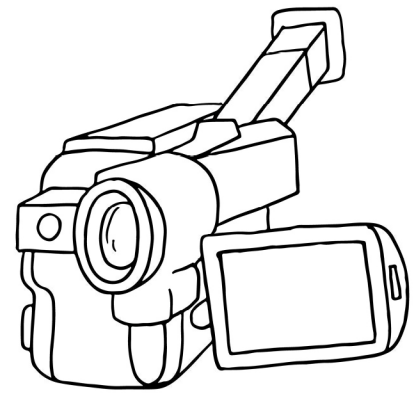


**Always** wear a scarf or mask to cover your face & something (like a beanie) over your hair, especially if it's recognizable.

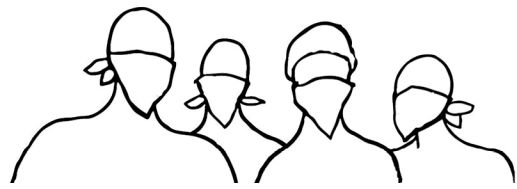
Police and the far right **will** comb through photos and arrest or doxx\* anyone they can identify.

\*Post your personal information online so others can harass/harm you

Videos and photos are important to have as evidence, but **DO NOT POST** (and try not to even **take**) video or photos that clearly show the faces of other protestors.



Instead, **remind others to mask up too!**



## TEAR GAS & PEPPER SPRAY



If you see police put on gas masks, **IMMEDIATELY** mask up and warn others.

**Cover your eyes/nose/mouth** with your clothing or scarf/mask.

If exposed, **blow your nose, rinse your mouth, cough, and spit.**

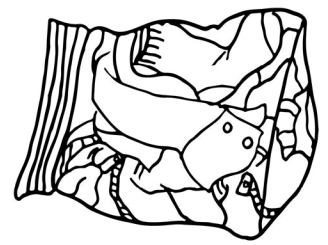
Do **NOT** wash pepper spray out with water. **Water makes pepper spray worse.**



Use **milk**, or a mixture of **half liquid antacid & half water.**

Avoid wearing contact lenses. If your contact lenses are exposed, **remove them with clean fingers** and **throw them away.**

Until you're decontaminated **don't touch** your **eyes/nose/mouth/face** or **other people/furniture/carpets/pets/etc.**



When you get home put your contaminated clothes in a plastic bag, to be **washed or thrown out.**



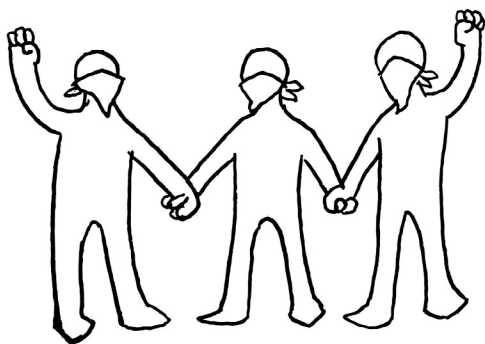
**Shower off with cold water** to avoid opening your pores, which could cause more damage.





## STICK TOGETHER

*"The people united will never be divided!"*



**Come with friends** and **don't** get separated.

**Hold hands** while in a thick or fast-moving crowd.

**Always** keep your group in sight.

Have **1-2 buddies** to stick with if you're in a larger group, as large groups may be split up.

*You are all responsible for each other's safety.* Make it your priority!

### **Don't leave the crowd.**

Watch out for police snatch squads. They target stragglers and **will follow you.**

### **Check in** with others about when police are issuing **dispersal orders.**

If you don't want to be arrested, **leave** when the police order you to disperse.

### **Have a plan** for emergencies if you have not been heard from by a certain time.

This plan should include both *those who accompanied you to the protest,* *As well as a friend who is local/nearby but not on-site.*

### **Keep your phone ringers turned up.**

Call each other ASAP if separated. If you get a call from an unknown number, **answer it:** it may be a friend calling from another phone.



## BEWARE

Look out for **undercover cops & snitches/collaborators.**

**Do not trust** anyone affiliated with **RevCom** (the Revolutionary Communist Party.)

They are an **authoritarian cult of personality**, not an actually revolutionary group.

Don't allow them to take charge of protests.

**Be wary** of anyone who's attempting to **stir up violence.**

Many of them are **police/feds** trying to set you up, **DON'T** join in.



# MASK UP ONLINE

## TOR

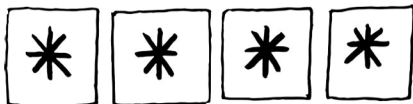
**Tor** is a free, open-source software that *prevents people from learning your location and browsing habits.*

For **web browsers**, instant messaging clients, etc.

Works with *Mac, Windows, Linux/Unix, and Android.*

Download it for free at:  
[ [www.torproject.org](http://www.torproject.org) ]

## LOCK CODE



Put **lock codes** on your phone & other electronic devices.

*Don't use easy-to-guess numbers* like your birthdate.

*Disable the fingerprint code*, at least while you're at a protest: it's very easy to hack.

## VPN

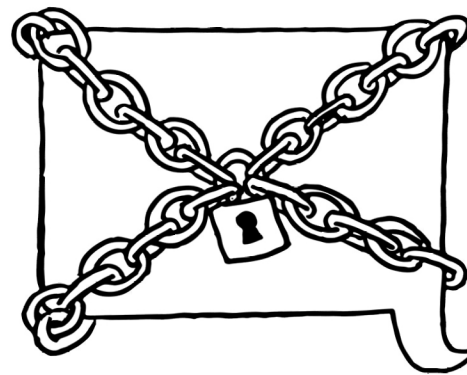
**VPN** stands for "virtual private network." It's like an *extra layer of protection* that you can extend over your online habits.

You can sometimes get a VPN *through your school or work's IT department.*

There are other options for *free* VPNs.

You can also *purchase* a VPN for \$15-20 a month.

Find out more at:  
[ [goo.gl/v2hse2](http://goo.gl/v2hse2) ]



## SIGNAL

**Signal** is a free, open-source smartphone app for *encrypted text messaging*

Allows for *individual messaging, group messaging, and phone calls.*

Available for *Android, Chrome, and iOS.*

Download it for free from your *phone's app store!*

## 2FA

**Enable 2FA** (two-factor authorization) on your accounts.

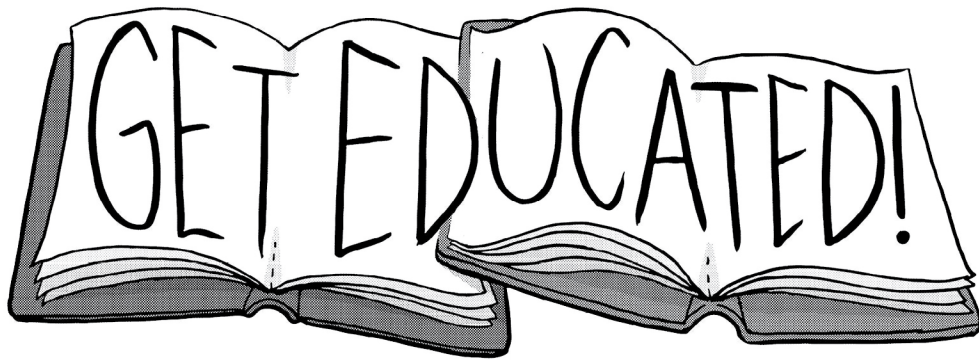
2FA is a *second layer of identity verification*, which makes it more difficult for other people to access your account.

Often one layer is something you have (like a debit card), while the other layer is something you know (like a PIN).

*Don't use text message as your 2FA*, it's very easy to intercept.

*Enable 2FA through the preferences/settings within your email, bank, social media, and other online accounts.*





## LISTEN



### Pay attention

To the world around you,  
To the lived experiences of others.

### Get news from different sources.

Not just major news outlets,  
Not just your Facebook feed.

### Participate in & learn from your communities.

## READ

Here are some good places to start:

### Geoff Boucher: *Understanding Marxism*

*A condensed, more accessible introduction to Marxist theory.*

### Angela Davis: *Freedom is a Constant Struggle*

*Why black feminism, intersectionality, and prison abolitionism matter in the fight for our rights. Analyzes struggles against state terror in Ferguson to Palestine.*

### Deepa Kumar: *Islamophobia and the Politics of Empire*

*Analyzes how the construction of the "Muslim enemy" has been used to justify imperialism. Also debunks myths about Islam that have spread through the United States.*

### Lance Selfa: *The Democrats: A Critical History*

*Examines how the Democratic Party has let down working people over and over.*

### Justin Akers Chacon & Mike Davis: *No One is Illegal*

*Discusses immigrants who cross the US/Mexico border, and argues why a pro-immigrant and pro-worker agenda is the right move.*

### Keeanga-Yamahtta Taylor: *From #BlackLivesMatter to Black Liberation*

*Looking to protests against police violence after the deaths of Eric Garner and Michael Brown, Taylor discusses the potential of a new generation of activists.*

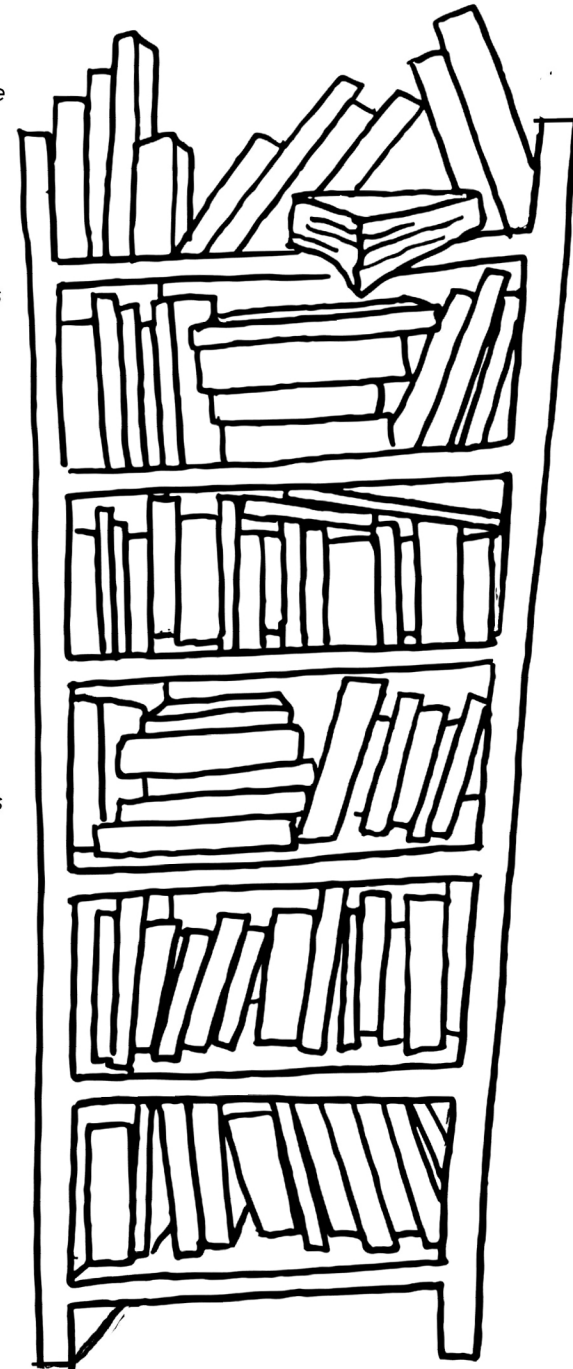
### Janet Mock: *Redefining Realness*

*Janet Mock relays her experiences of growing up multiracial, poor, and trans in America.*

### Jalil A. Muntaqim: *We Are Our Own Liberators*

*The prison writings of Jalil Muntaqim, one of the longest held political prisoners in the world/a former member of the Black Panther Party and the Black Liberation Army.*

**Do research on your own!**







**When the masses  
organize, we are  
unstoppable!**

## **SOME LEFTIST ORGS IN L.A.**

### **Red Guards Los Angeles**

*Seeks to educate & revolutionize communities in Los Angeles, esp. in Boyle Heights and East L.A., into fighting against capitalist-imperialist power structures.*

### **NDLON (National Day Laborer Organizing Network)**

*Organizing for migrant rights, for labor rights, for health & safety, and for day laborers.*

### **Workers World Party**

*Fights for a socialist society — where the wealth is socially owned and production is planned to satisfy human need.*

### **Native Voice Network**

*A collaborative network of Native American families and organizations that mobilize through indigenous cultural values.*

### **East LA Brown Berets**

*Fighting in solidarity with all oppressed people of color.*

### **Black Lives Matter Los Angeles**

*Local chapter of the Black Lives Matter movement.*

### **Freedom Socialist Party**

*A socialist feminist political party engaged in grassroots activism.*

### **API Equality**

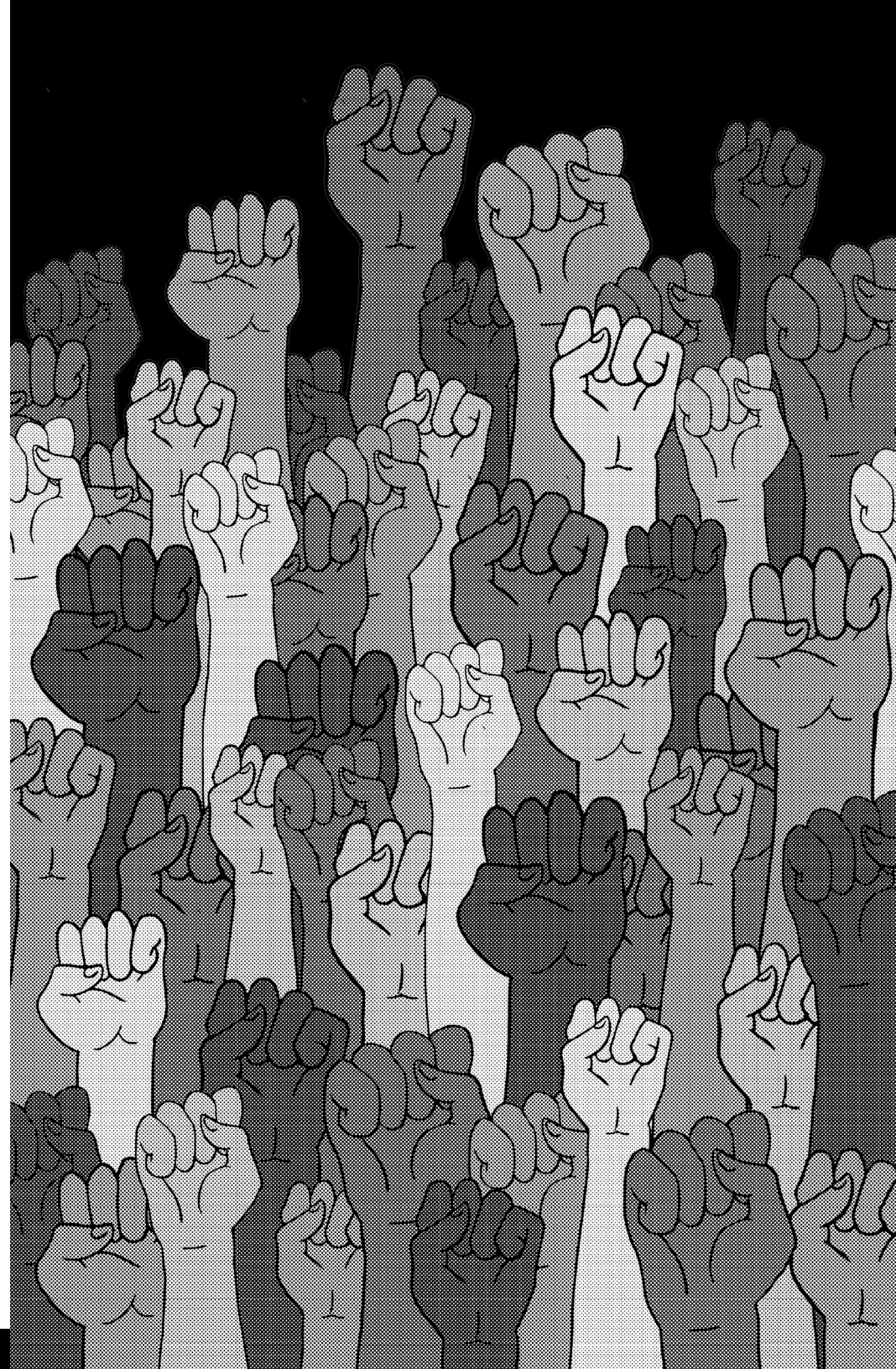
*Working in the Asian & Pacific Islander (API) communities for fair treatment of LGBT families through community education & advocacy.*

### **Dignity and Power Now**

*Securing dignity and power for all incarcerated people, their families, and communities.*

### **LAQR (Los Angeles Queer Resistance Collective)**

*Radical Queer counter media propaganda, direct action, art & zine collective. Participation is QTPOC intentional.*





AND BRING EXTRAS

TO SHARE

