

## **OUT OF THE TOOLBOX**

### **So, You Want to Get Arrested?**

If you have made the decision to risk arrest, you'll want to plan ahead. Here are some tips for a safe stay in jail:

Get a good night's sleep and eat a good meal beforehand.

Put a protein bar in your pocket and eat just before arrest. You may not see food for a while, and it will not be good!

Start hydrating the night before.

Leave all jewelry behind.

Depending on the plan, either have an ID or not.

Wear comfortable clothes and dress in layers.

Know that you will be searched and your property will be taken from you.

Make sure you have nothing on you that could be construed as a weapon.

Have no drugs on you unless it's medicine. Bring medicine in a prescription bottle.

Don't take your phone, but if you do, make sure your passcode lock is on.

Have a legal support number written on your body with a permanent marker. I tend to write it on my belly or leg.

Have a little bit of money on you for transportation just in case.

Make friends in jail. Stretch, sing, cry, meditate, play games, or sleep—it might be a long time!

Advocate for yourself and your group. Once a woman needed a tampon and they wouldn't give her one, so we started chanting "No Tampons, No Peace!"

Don't let them criminalize you. Remember that you are fighter for justice, and for that you can be proud!