

NAPO GUIDE TO

PROTESTS



USEFUL TIPS FOR STAYING SAFE ON A MARCH

Whether it's your first time or you've been on marches before, it's always important to be prepared and stay safe. Here are some useful tips to ensure a smooth and secure experience during the march

Wear Appropriate Clothing

- Comfortable Footwear: Expect to be on your feet for long periods. Wear sturdy, comfortable shoes or trainers.
- Weather-Appropriate Clothing: Check the forecast and dress accordingly. Wear layers if it's cold, and a hat or sunscreen if it's sunny. If rain is predicted, pack a waterproof jacket.
- Avoid Heavy or Bulky Bags: Carry a light, secure bag with just the essentials to avoid fatigue.



Stay Hydrated and Bring Snacks

- Water: Bring a reusable water bottle to stay hydrated, especially if the march lasts several hours.
- Snacks: Pack non-perishable snacks like energy bars, nuts, or fruit to keep your energy up.

Have a Plan

- Know the Route: Familiarise yourself with the march route beforehand. This will help you know where to go and where the nearest exits are.
- Meeting Point: Arrange a meeting point with friends or colleagues in case you get separated. Identify safe places or landmarks along the route.



Stick Together

- **March in Groups:** It's always safer to attend marches with friends or colleagues. Stick together and look out for each other throughout the event.
- **Avoid Isolated Areas:** Stick to well-populated areas and avoid venturing off the designated march route.

Be Mindful of Your Surroundings

- **Stay Alert:** Pay attention to your surroundings and the people around you. If you notice any disturbances or potentially unsafe situations, move away quickly.
- **Remain Calm:** In case of any tension or confrontation, stay calm, avoid engaging, and follow the instructions of the event organisers or police.

Protect Your Health

- Face Masks and Sanitiser: If the march is crowded, consider wearing a face mask and bring hand sanitiser to maintain hygiene.
- Sun Protection: If it's sunny, wear sunscreen, sunglasses, and a hat to avoid heat exhaustion.

Respect the Law

- Follow Instructions: Respect the organisers' guidance and the instructions of police or security officers. This helps ensure the march remains peaceful.
- Know Your Rights: If you're stopped by the police, remain calm and know your rights. Be respectful but assertive.



Emergency Contacts

- Phone and Power Bank: Bring a fully charged phone and, if possible, a portable charger. Ensure your phone is easy to access in case of emergency.
- Emergency Numbers: Save key contacts, including march organisers and an emergency contact, on your phone. It's also useful to have a written copy of important numbers just in case.

Medical Needs

- Medication: If you have any medical conditions, bring any necessary medication with you. Keep it in an easily accessible place.
- First Aid: Pack basic first-aid items, such as plasters and antiseptic wipes, in case of minor injuries.

Exit Strategy

- Plan Your Exit: Know how to leave the march route and the nearest public transport options. If tensions rise or things get overwhelming, have an exit strategy to leave safely.