

Civil Unrest Safety Checklist

A practical printable for staying aware, maintaining options, and getting home safely during unexpected unrest or major crowd disruptions.

BEFORE YOU LEAVE

- Check official emergency alerts, local news, road closures, and transit changes.
- Charge your phone and bring a charging cable.
- Keep your vehicle reasonably fueled.
- Know your primary route and at least one alternate route.
- Tell someone where you are going and when you expect to return.
- Wear practical clothing and comfortable walking shoes.
- Avoid traveling toward known disturbances when a safer route is available.

ESSENTIAL CARRY ITEMS

- Identification and emergency contact information.
- Some cash in small bills.
- Essential medications.
- Compact flashlight.
- Small first-aid kit.
- Portable power bank and charging cable.
- Water and a small shelf-stable snack.
- Weather-appropriate layer or rain protection when needed.

FAMILY COMMUNICATION PLAN

- Choose an out-of-area contact family members can reach.
- Set a primary and backup meeting location.
- Decide who is responsible for picking up children.
- Make sure school emergency contacts and authorized pickup information are current.
- Use short, clear text updates when networks are congested.
- Make sure everyone knows when to shelter in place instead of attempting to travel.

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IF YOU ENCOUNTER UNREST

- Stop moving toward the disturbance and assess what is changing.
- Look for a safe route toward the perimeter or away from dense crowds.
- Avoid confrontations, arguments, police lines, fires, and bottlenecks.
- Do not move closer simply to watch, photograph, or record events.
- Keep a low profile and secure valuables and equipment.
- Follow lawful emergency directions and posted restrictions.
- If crowd density increases, focus on staying upright and moving toward open space when possible.

VEHICLE / COMMUTER PREP

- Keep doors locked and windows closed if conditions around the vehicle become unstable.
- Leave maneuvering space when stopped in traffic when practical.
- Reroute early rather than intentionally driving toward a blocked road or crowd.
- Keep walking shoes, water, food, light, first aid, seasonal clothing, and a paper map in the vehicle.
- Know a safe place where you could wait if your route home becomes temporarily unsafe.

IF YOU'RE TEMPORARILY STRANDED

- Choose a secure location away from the disturbance.
- Tell family where you are and when you will update them.
- Preserve phone battery and monitor official information.
- Stay hydrated and use supplies conservatively.
- Reassess routes periodically instead of repeatedly entering an unsafe area.
- If exposed to a chemical irritant, move to fresh air and follow current public-health guidance.

AFTER YOU GET HOME

- Let family or your emergency contact know you are safe.
- Check official information before returning to the affected area.
- Recharge devices and replace any supplies you used.
- Review what worked, what failed, and what should be added to your plan.
- Update routes, contacts, and emergency supplies while the experience is fresh.

Stay informed. Maintain options. Avoid unnecessary confrontation. Get somewhere safer.