

MARDI GRAS

Mardi Gras is an exciting time, filled with food, fun, family, and friends. Before heading out to the parades, make a plan with your friends for going out, staying, and coming home **TOGETHER**.

LOOK OUT FOR YOUR KREWE



Always stay with your friends.

The population of New Orleans triples during Mardi Gras. This is not the time to go out solo.



Pick a meeting time and place in case your group gets separated.



Set your limits. Let your friends know how you want your day to go.



Be alert and keep in touch with your friends. Check in throughout the day to keep each other safe.



Write down friends' cell phone numbers in case your phone battery dies, you lose your phone, or you lose cell reception.



Respect each others' decisions. Everyone's Mardi Gras experience is different. Your friends may not want to do the same things as you.

SHOULD I STEP IN?

If you see something potentially threatening happening to a fellow parade-goer, intervene in a way that fits the situation and your comfort level.

- **Directly** do something.
- **Delegate** to others for help.
- **Distract** to diffuse.

Remember, stepping in can make all the difference, but it should never put your own safety at risk.

SHOULD I CALL FOR HELP?

Don't be afraid to call for help if someone's health or safety is in danger.

In case of alcohol or other drug emergency on or near campus, Tulane students are expected to follow the Responsible Action Protocol by calling **Tulane emergency services at 504-865-5911**.

Learn more about the Responsible Action Protocol at campushealth.tulane.edu/alcohol-emergency.



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AVOIDING MARDI GRAS BURNOUT



Is it possible to party too hard during Mardi Gras?

Even a holiday known for its overindulgence has a line. If you choose to drink alcohol, follow these steps to avoid burning out and missing all the fun.



Eat a big breakfast with lots of protein.

Drinking on an empty stomach is dangerous, and it's harder to maintain a safe buzz.



Pack water and snacks in your fanny pack.

Parade days are long, so stay hydrated and energized from one parade to the next.



Make your own drinks.

Avoid communal containers of drinks with mystery ingredients. It is impossible to know how much alcohol you're consuming.



Plan, pace, and be aware of how much you've had.

You may be drinking at different times throughout the day. Stay on top of roughly how many drinks you've consumed.



Stick with what you know.

Mardi Gras is crazy enough. Don't push your boundaries by trying new drinks or drugs.



Limit sweet drinks.

Sugary drinks like daiquiris mask the taste and strength of alcohol, leading you to drink more than you think. They also tend to cause nasty hangovers.



Take breaks.

Parade days can be exhausting. Take naps, and get a decent amount of sleep, so you can sustain your energy for the long-haul.



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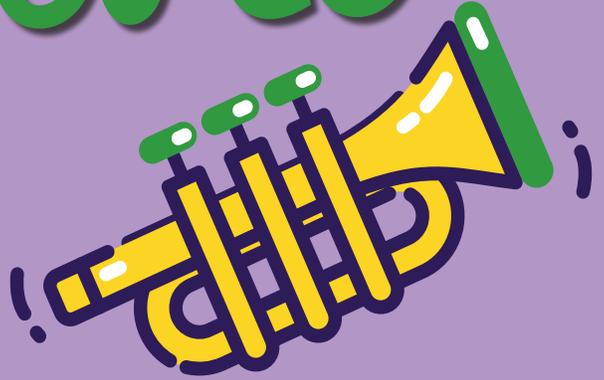
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THINGS TO KNOW BEFORE YOU GO

PARADE ETIQUETTE

Don't stop conducting yourself like a good Tulanian just because it's Mardi Gras. Here's how to enjoy the season while keeping your manners.



- Be respectful of other people's claimed territory. They may share their space if you're nice.
- Be good to our neighbors. Don't urinate outside, and stay off their property.
- Do not throw anything at the float or riders.
- Never cross the street through a marching krewe or band. Only cross after a float passes.
- Floats WILL run over you if you're in the way.
- Unless the throw is one-of-a-kind, leave it on the ground if you didn't catch it.
- Don't take throws away from children. Instead, give the throws to them!
- Back up to make space for marching krewes, bands, dance troupes, and walking groups.
- No matter where you go, don't forget to adhere to the **Tulane Student Code of Conduct**, which is always in effect, even during Mardi Gras.

MARDI GRAS CHECKLIST

- ✓ Leave valuables in my room.
- ✓ Fully charge my phone.
- ✓ Bring ID, copy of insurance card, and cash.
- ✓ Keep Krewe Card in wallet and put important numbers in my phone.
 - TUPD/EMS: 504-865-5911
 - Tulane Shuttles: 504-314-7433
 - Attorney Carolyn Cooper: 504-534-5406
 - Nurse Advice (24/7): 855-487-0290
 - The Line (24/7): 504-264-6074
- ✓ Make a plan to get to and from the parade route (walking or public transit are great options).
- ✓ Eat a protein-rich, filling meal before going out.
- ✓ Pack a bag or fanny pack with:
 - Water bottle Snacks
 - Toilet paper Hand sanitizer
 - Sunscreen Tissues
- ✓ Wear comfortable shoes.
- ✓ Check the weather. Layer clothes as needed.
- ✓ Designate a meeting spot in case my friends get separated.
- ✓ Make sure my guest is registered with housing by February 14 (if I live on campus).



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