

HOW TO PARTY SAFER & SMARTER AT MARDI GRAS

Even a holiday known for its overindulgence has limits.

If you choose to drink alcohol, follow these steps to avoid burning out and missing all the fun.

Take breaks.

Parade days can be exhausting. Take breaks in-between drinks to not over-consume. Take a nap, get a decent amount of sleep, and listen to yourself when you need a break. You don't need to attend every parade.

Pack water and snacks.

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

Eat a big breakfast with lots of protein.

Drinking on an empty stomach can amplify the effects of alcohol to a dangerous level.

Make your own drinks.

Communal containers make it impossible to know what and how much you are consuming. It's safer to make your own drink, so you know what's in it.

WATCH FOR SIGNS OF INCAPACITATION

Incapacitation is a state beyond intoxication. Signs of incapacitation could include but are not limited to:

- Disorientation
- Vomiting
- Incoherent speech
- Loss of consciousness

A person who is incapacitated may need extra care and support, and they cannot consent to any sexual activity. If a friend is showing concerning signs of incapacitation, do not hesitate to call for help.

For an on-campus emergency, call TUPD at 504-865-5911.

For an off-campus emergency, call 911.

Be extra cautious with sweet drinks.

Sugary drinks like daiquiris mask the taste and strength of alcohol, leading you to drink more than you think.

**LOOK OUT
FOR YOUR KREWE**



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

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. Decide ahead of time what you want to experience and what you're comfortable with. Then communicate these with your friends before you go out.

Respect each others' decisions.

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

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.

SHOULD I STEP IN?

If you feel like you should step in to prevent or deescalate violence, intervene in a way that fits the situation and your comfort level. Use any of the three Ds:

- **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. **Learn more at allin.tulane.edu/bystander-intervention.**



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THINGS TO KNOW BEFORE YOU GO

PARADE ETIQUETTE

Don't stop conducting yourself like a respectful Tulanian just because it's Mardi Gras. Follow these updated guidelines to enjoy the season while being courteous to others.

Respect other people's space: The City of New Orleans has banned tents, tarps, sofas, platforms, and grills along the parade route. Avoid trying to claim territory ahead of time, and share space politely with others. Chairs and ladders are allowed but must be set back at least six feet from the curb. Ladders cannot be strapped together.

Travel light: Bringing bulky items like tents or portable toilets to the parade route is prohibited. These items may be removed by the city, and violators could face fines.

Be mindful of private property: Don't use someone's yard, driveway, or porch as your hangout spot.

Use designated bathrooms or port-a-potties: Do not urinate outside homes or businesses. Not only is this rude but it is also unlawful (you could get arrested for doing it!).

Be courteous to parade participants: Never throw anything at the float or riders, and don't cross the street through marching krewes or bands. Wait until a float has passed.

Share the fun: Avoid fighting or pushing others to grab throws, and never take them away from children. Instead, give the throws to the little ones whenever possible.

Keep the path clear: Back up and make room for marching krewes, bands, dance troupes, and walking groups.

Finally, remember that the Tulane Student Code of Conduct is always in effect, even during Mardi Gras. Represent your university well while enjoying the celebration!

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MARDI GRAS CHECKLIST

- Leave valuables at home/in my room.**
- Fully charge my phone.**
- Bring ID, copy of insurance card, and cash.**
- Put important numbers in phone:**
 - [TUPD: 504-865-5911](#)
 - [Tulane Shuttles: 504-314-7433](#)
 - [Attorney Carolyn Cooper \(Tulane University Legal Assistance Program\): 504-534-5406](#)
 - [The Line \(24/7 mental health support\): 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
 - Toilet paper
 - Sunscreen
 - Snacks
 - Hand sanitizer
 - Tissues
 - Portable charger
- Wear comfortable shoes.**
- Check the weather. Layer clothes as needed.**
- Designate a meeting spot in case my friends and I get separated.**



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