



# LOOK OUT FOR YOUR KREWE

## Always stay with your friends.

The city's population 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.

Communicate to your friends what you want to experience and what you're comfortable with ahead of time.

## 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 with your friends throughout the day.

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

## WATCH FOR SIGNS OF INCAPACITATION

Take care of your friends and watch for signs of **incapacitation** (a state beyond intoxication):

- 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.



**TULANE**  
Campus Health

The Well *for* Health Promotion

# MARDI GRAS **CHECKLIST**



TULANE  
Campus Health

The Well *for* Health Promotion

- 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.**