

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.**