

A Guide to Practicalities

1) Kit Lists

All Rebels

Food and Drink

- Reusable water bottle
- Reusable coffee cup
- High calorie snacks¹
- Thermos for hot drinks



Clothing

- Warmclothes & thermals
- Hat, scarf & gloves
- Wellies or warm boots
- Waterproof coats
- Umbrella



Protesting

- Song sheets
- Loudhailer
- Pavement chalk
- Musical instruments, whistles, drums
- Banners, placards, flags, leaflets
- Costumes & face paint
- XR patches
- Cushion



¹ [See our Rebel Survival Kit](#)

- Folding chair
- Picnic blanket

Other

- Suncream
- Phone and charger
- Money
- Head torch
- Toilet Roll
- Hand wipes
- Camera
- A copy of your [Guide on the Action](#)

Rebel Campers

Food

- Lightweight plate/bowl/container
- Cutlery

Sleeping gear

- Sleeping bag & mat
- Hot water bottle
- Tarp or groundsheet
- Base layers e.g. yoga mats
- Tent (remember there will be few spots for tent pegs.)

Other

- Card games
- Toiletries
- Portable/solar power pack
- Medication



Rebel Arrestables

- Burner phone & charger
- Bust card (numbers for solicitors)
- [Steel Cable ties](#)
- Glue
- Lock ons

DO NOT BRING alcohol, drugs or knives.

DO NOT LITTER at action sites.

ARRESTABLES if you do not have a burner phone, please read [this guide](#) to phone security. Label all valuables with your name and affinity group - they may be lost during your arrest.

2) Westminster Toilet Locations

[Link to the map](#)



3) Westminster Food Locations

XR Kitchens, across the site.

Food kiosk outside Westminster Cathedral

Pickles Sandwich Bar, 6 Old Queen Street

MV King Edward, Westminster Pier

Two Chairmen Public House, 39 Dartmouth Street

Red Lion Pub, 48 Parliament St (PM's local!)

Pret a Manger, 1 Whitehall



The Old Shades Pub, 37 Whitehall



4) Medical

In the first instance inform your Action Groups's wellbeing coordinator

Basic medical support will be available through XR in each action location

Emergency **GP appointments** may be available at Westminster School, Dean's Yard

In an **emergency** ring 999

5) Arrestees

DO NOT

Use a duty solicitor
Accept a caution

DO

Give your name, address and date of birth
Inform the police of mental or physical health problems
Answer 'no comment' to everything else
Call arrestee support on 07749 335574
Write important phone numbers on your arm or leg

6) Stop and Search

DO NOT

Give name or address

Answer any questions

DO

Ask for and record name and station of searching officer

Ask for and record reason for being searched