How to Frog Kit

Grab your friends and create your own brigade of whatever whimsical absurdity you can come up with, and get out there and let your voice be heard! This kit will help you go from zero to frog in no time.



The Prime Directive

Model and advocate for peaceful creative dissent in support of the Constitution and rule of law.

Wait, this is silly... why frogs?

Well, amongst other things, it's *because they matter*. Take it from these guys: Attorneys General on the Importance of the Frog - YouTube

Peaceful, Playful, and Prepared

Inflatable costumes disarm aggression through humor, invite cameras through absurdity, and remind everyone that dissent can be joyful. They also make you a big, puffy target — so preparation matters.

The Frog Brigade is a creative activism tool that serves multiple strategic purposes:

- Generate positive attention to important causes and events
- De-escalate tensions and disarm the narrative that protesters are violent
- Educate others about peaceful protest tactics
- Build community cohesion and resilience
- Model creative, non-violent protest behaviors

The key principle: We support other groups doing good work in the community. We amplify their actions rather than creating our own separate initiatives. We go where the frogs are invited.

Getting Your Costume



Where to Buy

- Amazon (THIS is the best one we've found)
- Specialty costume shops

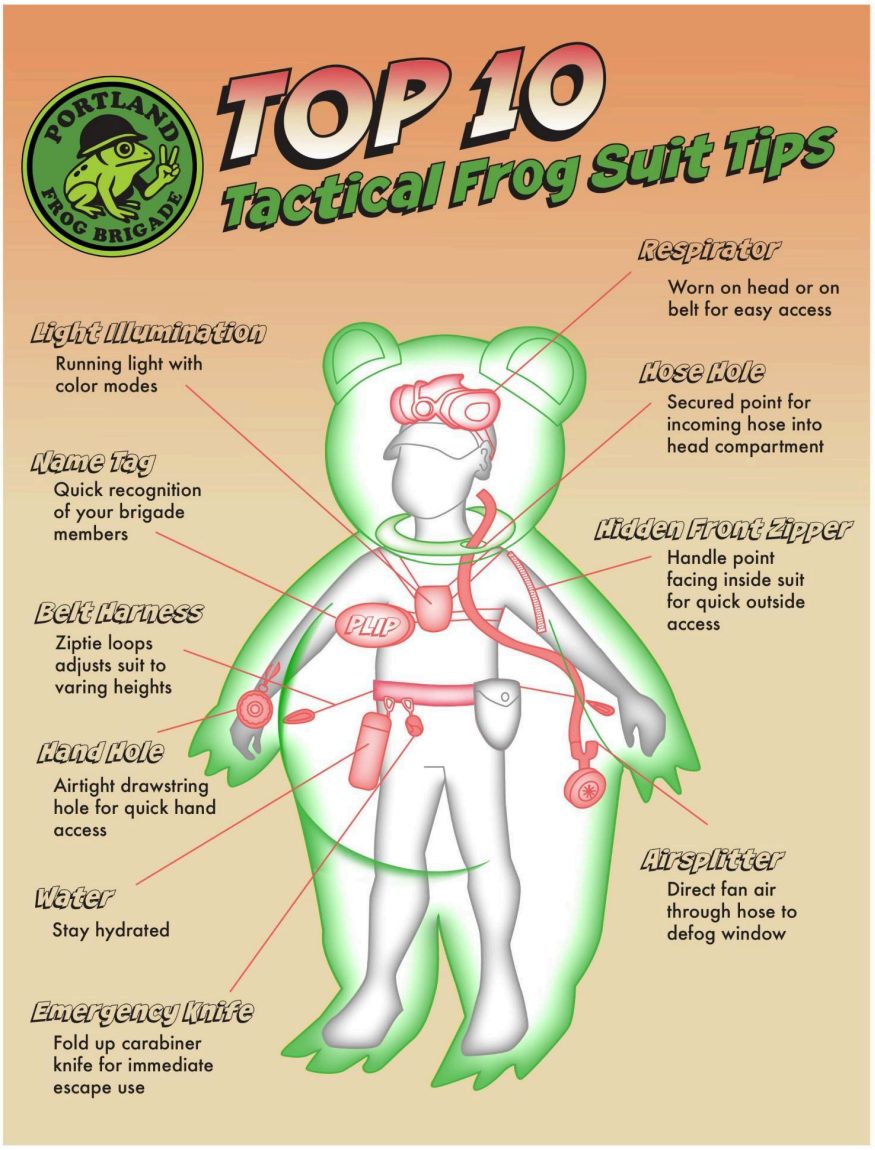
What to Look For

- Internal battery-powered fan:
  Replaceable AA pack and/or USB power connection
- Removable gloves: Essential so you can use your hands when needed
- Proper size: Ensure mobility and reasonable visibility
- Bright colors: For visibility and safety

Comfort & Practicality

- **Underlayer**: Wear lightweight, sweat-wicking, breathable clothes in removable layers that you can take off in the suit and tie around your waist or stash in your backpack.
- **Cold weather**: Hands can get cold, so in cold weather wear thin touchscreen-friendly winter gloves to keep warm while maintaining dexterity.
- **Gear**: Wear a small backpack or fanny pack (see below).
- **Hydration**: Pre-hydrate before suiting up and keep water accessible in your backpack. PEE BEFORE YOU SUIT UP!
- **Fogging**: Use a small rag or hat brim cloth as a hands-free squeegee for the visor. In freezing temperatures, warm breath hitting the cold visor will cause rapid fogging and frost buildup. Apply anti-fog treatment to the visor interior before use. Wearing a mask can help redirect breath away from the visor and delay fogging, though moisture will still accumulate over time. Take more frequent de-fogging breaks in cold weather (every 10-15 minutes).

- **Battery life**: Either use the standard issue AA battery pack OR better yet, use a power bank in your pocket (or backpack, or fanny pack) for longer use. We recommend this power bank (it's $20, small, lightweight and durable). Bring spare batteries or a USB power bank.
- **Mobility**: Practice walking, crouching, sitting, and transitioning between positions beforehand.
- **Visibility**: Always have a spotter — your partner and guide (the visor window is very small and sits low). We have created a video explainer for making the suit fit you better and improving visibility.
- **Heat management**: Take breaks every 20–30 minutes to cool down and breathe.
- **Emergency exit**: Keep a small pocket knife handy to cut out of the suit quickly if it deflates or fills with irritants.
- **Scent management**: Suits can get sweat stinky over time. Putting a dot of essential oil (not too much!) on the intake vent will spruce things up.
- **Hang dry**: If your suit gets damp, avoid mold by hanging it on a coat hanger to air dry.



Essential Pack Contents

Transport Strategy: Pack your suit in a CamelBak-sized backpack. Walk to the action location, then suit up on-site. Wear the backpack underneath your suit to carry supplies and extra layers. A fanny pack is helpful because you can grab stuff easily.

Always carry:

- Water (your CamelBak bladder is easiest)
- Bandana or terrycloth or chamois (for wiping your window, and masking for anonymity)
- Pocket knife (emergency exit tool)
- Extra AA batteries or power bank
- Extra fan (they break, and are available on Amazon)
- Clean water or saline solution (for chemical agent exposure)
- Sealable bag (for contaminated items)
- Anti-fog treatment for visor (especially important in cold weather)

Pre-Action Preparation



Test Everything at Home

Before any public appearance, test your suit in private. Make sure everything works, and practice your persona:

- Practice in front of a mirror — work on posture, gestures, and movements
- Learn physical theater and pantomiming (gestures need to be big and clear)
- Master sitting, standing, and transitioning between positions
- Understand your limitations and what you can/can't do in the suit
- Develop a friendly mascot presence — not aggressive or angry
- Customize your costume to make it easier to identify each other (especially from behind), and let you know who is and isn't in your Brigade. Add patches (fabric glue works great), paint, change the bandana, add a name tag (small pinholes aren't a problem) or illuminate yourself with LEDs from within or without.

Customizing Your Suit for Long-Term Use

Learn how to augment your suit to lift it higher on your shoulders, significantly improving visibility.

Learn how to maintain your visor window, removing creases and wrinkles to improve visibility.

Costume Maintenance

Mass-manufactured inflatable costumes use 190T–210T polyester taffeta, PU-coated for air retention.

Sewing Needle

Use a **Microtex (sharp) needle**. Size:

- 70/10 for most seams
- 80/12 if you're sewing through two layers plus reinforcement

Do not go bigger unless absolutely necessary. Bigger needle = bigger holes = more air leakage.

Thread

Use **all-purpose polyester thread**. Good quality. Gutermann, Coats, Mettler. Do not use:

- Cotton
- Heavy upholstery thread
- Bonded nylon industrial thread

Stitch Length

Critical for inflatable costumes. Set stitch length to: **3.0 mm**

Shorter than that creates a perforation line like a postage stamp tear-off edge (leaky).

Machine Setup

This fabric creeps. If you can:

- Hold the two pieces of fabric TIGHTLY in short segments while sewing so they don't slip.
- Slightly reduce presser foot pressure
- Lower top tension just a touch if you see puckering

If you have a walking foot, great. If not, go slow and guide gently. Never pull the fabric while sewing. Let the feed dogs do the work, and hold the fabric pieces TIGHTLY to avoid slipping.

Handling the Fabric

Avoid putting a lot of pins through visible areas, every hole leaks a little air. Better:

- Use wonder clips
- Or pin only within seam allowance

Cut with very sharp scissors or rotary cutter. No dull blades. Do not iron directly unless absolutely necessary, and then use very low heat with a press cloth. This stuff melts fast.

Seam Type

Use plain seam + second reinforcing row of stitching.

- Sew first seam at 1/2" allowance
- Sew a second line 1/8" inside that seam

Do not do flat-felled seams unless you enjoy unnecessary labor.

Areas to Reinforce

To modify or repair your suit for rigorous use, reinforce:

- Zipper insertion
- Fan mount opening
- Any place people grab

Use small patches of this fabric or this or this.

Zippers

Use a lightweight nylon coil zipper. Metal zippers are heavy and stiff and will distort the fabric.

Repairs

For small tears:

- Patch with same coated fabric
- Sew patch with 3 mm stitch
- Then apply thin seam sealer over stitching
- Tenacious Tape works shockingly well for a quick fix

These suits work because they’re slightly leaky but continuously inflated.

Strategic Deployment: Where and How to Wield the Frog

Core Principle: Partnership Over Intrusion



Find the groups doing good work in your community and develop partnerships with them. Set up regular meetings to share action plans and coordinate strategies. **You go where you're invited.**

Create a request form on your website where organizers can tell you where they want frogs, why, and

what the action is. This allows you to vet requests and dispatch frogs with specific purposes.

Coordination Protocol

1. Analyze the situation and identify organizers
2. Reach out to organizers in advance (ideally a few days before the action)
3. Rather than ask permission, inform them: "The frogs are incoming. We want to coordinate with you to ensure we're amplifying your action, not detracting from it."
4. Treat it as a partnership—don't assume you know what's needed on the ground

Scene Reconnaissance

Always scope the scene BEFORE frogging up. Walk the entire lay of the land out of costume, or have a crew member do it:

- Assess the physical location and how you'll move through it
- Gauge the tone and energy of the crowd
- Identify the organizers on-site and talk to them
- Note any counter-protesters or mixed-politics situations
- Determine the best way to be effective and additive, not disruptive

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Types of Strategic Actions

1. Town Halls and Community Gatherings



Purpose: Celebrate with the crowd, bring joy and community love, inspire hope, and create a sense of solidarity and momentum in the resistance. Take plenty of selfies. People LOVE the Frog selfies.

2. Points of Tension (ICE Facilities, Detention Centers)



Purpose: Stand vigil as representatives of creative, absurdist, peaceful protest. Defuse tensions and defang the narrative that protesters are dangerous terrorists. It's hard to justify sending the National Guard after a bunch of inflatable frogs.

3. Marches and Demonstrations

Purpose: Set the tone for the march. Frogs often march at the front to make a statement that this is a creative, peaceful action—not violent or angry.

Strategy: Reach out to march organizers and suggest that frogs lead the march to establish the tone from the start.

4. Spontaneous Actions

Examples:

- Supporting school walkouts: Contact organizers in advance, scope the scene, provide supportive presence
- School solidarity vigils: When ICE targets schools during drop-off/pick-up, send frogs to stand on nearby corners

Communication: Create a Signal group for secure communication with partners. Have them feed you opportunities, then distribute to your brigade team through a separate channel for rapid dispatch.

5. Community Celebration and Support

Purpose: Build community resilience by celebrating local businesses doing good work.

Strategy: Place frogs at restaurants, cafes, or small businesses for an hour to inspire other businesses to serve their communities.

Field Operations and Safety

The Buddy System & Pod Structure

Always operate in pairs or pods (3–6 people). Your costume is both armor and message — let it protect, not provoke.

- Designate a meetup point if separated
- Each pod should have a spotter/handler for visibility and safety
- Spotters also serve as documentarians (photography/video)
- No one operates alone — move as pods and maintain situational awareness

Operating in the Suit

Visibility Challenges: The visor window is very small and sits low. Your view is extremely obscured. In mixed-politics situations, you often can't tell which side someone is on until they're right in your face.

Operational Awareness: Your spotter is critical. They maintain awareness of your surroundings and guide you safely.

On-Site Conduct

Stay in the background. You're a supporter, cheerleader, and ally — not the main event. Let others take the mic and receive the accolades.

Be respectful and additive. You're creating the context in which others can elevate their voices safely.

Use positive tone: Humor, music, dance, play — not taunts or obscenities

Signs and visuals: Should speak to the emotions of the moment in the spirit of the frogs — creative, peaceful, but strong dissent. Keep them positive, inclusive, and non-antagonistic

Team Size Guidelines

- One frog minimum: You can deploy solo (with your buddy/handler)
- Three frogs ideal: This number creates great energy and visual impact
- More is better (space permitting): Deploy as many as makes sense without overwhelming

Safety & De-Escalation

General Safety Principles

- Keep hands visible near police or security
- Keep distance from authorities; follow lawful orders
- No weapons or anything that could be construed as one
- Retreat together as a pod if conditions shift or escalate

De-Escalation Techniques

If confronted:

- Breathe deeply and consciously
- Lower your body language (palms visible, non-threatening posture)
- Speak calmly: "I hear you. We're here peacefully."
- Mirror calm tone; never mock or shout
- Use humor only to diffuse, never to taunt
- Step back rather than argue
- If aggression escalates: Back away calmly and regroup with allies

Chemical Agent Response

If tear gas or pepper spray is deployed:

- Move upwind or crosswind immediately; get to high ground
- Flush eyes with clean water or saline (not milk)
- Avoid rubbing face or clothing
- Seal contaminated clothes in a bag
- Use your emergency knife to exit the suit if it fills with irritants

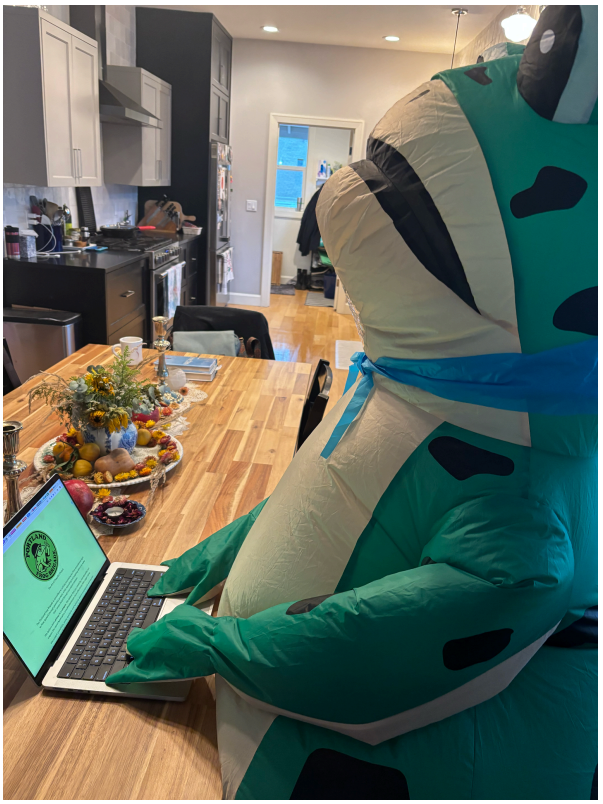
Legal Safety Phrases

If detained, remain calm and polite. Say only:

- "Am I free to go?"
- "I wish to remain silent."
- "I do not consent to this search."
- "Am I under arrest?"
- "I want to speak to a lawyer."

Documentation and Follow-Up

During the Action



Designate documentarians separate from performers. Ideally, have someone documenting every action with photography or video. If not possible, get access to news media footage — odds are the frogs will be featured.

Assume cameras are always on.

After-Action Reports

Write a report after each action that includes:

- Where you were and what the event was
- What your goal was
- What you did
- What the reaction was
- Photos and videos (always blur faces of minors or non-participants)

Publish these reports where your brigade can read them for inspiration. Share on social media and in newsletters to donors and supporters.

Follow-Up with Organizers

After the event:

- Thank them for working with you
- Offer your services for next time
- Ask for their documentation (photos/videos)
- Send them yours

This builds relationships and trust, making you the go-to resource for future actions.

Post-Action Debrief and Care

- Debrief with your pod: What worked? What didn't? Who needs support?
- Clean and air out your costume (light vinegar-water spray works)
- Share footage responsibly through official channels when possible
- Protect privacy: Blur faces of participants who haven't consented

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Media & Messaging

Key Messages



When sharing your work or speaking to media, anchor your message:

- "We are peaceful, art-driven protestors using humor to defuse fear."
- "Nonviolent movements invite broader participation."
- "Our goal is to replace fear with dignity and joy."
- "What can a frog do for you today?"
- "How can we help?"

Communication Security

- Use secure communication channels (Signal)
- Share plans at the last possible moment to avoid agitators showing up
- Share action details only on a need-to-know basis
- Vet participation with discretion; openness doesn't mean recklessness
- Protect privacy when sharing media or stories

The Virtuous Cycle of Impact

Documentation reinforces the value of the frog. The more people see frogs representing peaceful, creative protest, the more they'll want frogs at their events. This grows the movement and makes the frog a powerful symbol with real gravitas.

The cycle:

Generate actions → Create documentation → Build partnerships

Build partnerships → Generate more actions

More actions → More documentation of impact

Impact documentation → Show value to donors

Donor support → More capacity for actions

Rules of Engagement

If you act under the name or spirit of the Portland Frog Brigade (or any local brigade), you are expected to uphold the following rules. ***Anyone who does not is, by definition, not part of the Brigade.***



Purpose

Protect people. Preserve joy. Model effective nonviolent protest. Our presence should widen the coalition — not narrow it.

Core Principles

- **Nonviolence, always:** Strategic restraint and de-escalation over reaction
- **No antagonizing:** Not toward police, counter-protesters, media, or bystanders
- **Positive tone:** Humor, music, dance, play — not taunts or obscenities (until really called for)
- **Safety in community:** No one operates alone; we move as pods
- **Message discipline:** Grow participation and public sympathy through clarity and kindness
- **Respect:** Be respectful of the needs of others as we support their efforts

What We Don't Do

- No instigating violence.
- No property damage or blocking emergency access
- No doxxing, stalking, or online pile-ons
- No hiding your intent — transparency builds trust

Next Steps: Building Your Infrastructure

This guide covers how to operate as a Frog Brigade in the field. To build a sustainable local brigade, see How to Brigade, our playbook for setting up the organizational infrastructure needed to run a successful brigade.

Disclaimer

The Portland Frog Brigade (PFB) is a creative, non-violent community dedicated to the peaceful and lawful expression of free speech. Our mission is to model and promote art-driven, bridge-building activism that uplifts dialogue, empathy, and collective imagination.

PFB does not organize or condone any form of violence, destruction, or harassment. Any individual who engages in violent, threatening, or unlawful behavior — whether or not they appear in frog

attire, or claim affiliation with the Brigade — acts entirely on their own and is not a member, representative, or participant of the Portland Frog Brigade.

Participation in any public event, gathering, or demonstration is done at each individual's own risk and discretion. The Portland Frog Brigade, its organizers, and affiliates assume no responsibility or liability for the actions, safety, or conduct of independent participants or third parties.

By engaging with or referencing the Portland Frog Brigade in any capacity, you acknowledge that:

- PFB is a decentralized, volunteer-driven network advocating non-violent creative expression
- PFB makes no claims or guarantees regarding the behavior of individuals in frog costumes or other symbolic attire
- The use of inflatable frog imagery, costumes, or materials does not imply authorization or endorsement by the Portland Frog Brigade
- We stand firmly for peaceful protest, freedom of expression, and the protection of all people from harm

Anyone acting otherwise does so entirely outside the spirit and purpose of this movement.

Remember

Peaceful protest is not passive, it's strategic restraint. Inflatable suits turn repression into theater and fear into laughter. The frog is a tool for amplifying existing movements and building community resilience. Use it with intention, respect, and joy.

When deployed thoughtfully, those inflatable suits become powerful symbols of creative resistance and peaceful protest — symbols that can't be dismissed, demonized, or ignored.

Go forth and Frog responsibly! FROGS TOGETHER STRONG!

