

WOMEN'S MARCH: TIPS FOR THE DAY



Banners, flags, signs, other visuals.

Don't litter. Please bring them home with you after the march. Organizers do not have the capacity to clean up.

Clothing. Wear items that identify your union or organization. Dress in layers for comfort and warmth. We recommend something that is insulated, comfortable, and waterproof and has a hood. The weather is unpredictable this time of year and you won't have a place to huddle under and an umbrella in a crowd is a bad idea.

Head gear. A mix of items instead of an all-in-one. A beanie, ear warmer/headband, scarf, and a pair of large lightweight sunglasses will give you options depending on the weather and whether you're walking, chanting, or standing and huddling to stay warm.

Mittens and gloves. Wear a combo of thinner touchscreen-friendly gloves and waterproof mittens to go over. You'll be using your phone a lot to text meetups with friends, take photos, and share updates on social media. Having thin, pliable gloves with a functional touchscreen pad will make it possible to do all this without having bare fingers.

Footwear. Wear warm, dry walking footwear. You're going to be doing a lot of walking and a lot of standing. Depending on the weather, you may be doing it in snow, slush, or soggy muddy grass. A waterproof hiking boot is your best choice as it will provide arch support, warmth, a high profile to protect from splashes or puddles, and a fabric that will keep you dry even if you're standing in two inches of mud slush.

Parking. It can be both difficult to find and expensive. Use public transit or carpool if possible.



CHILDREN.

Marches are family friendly events. Practical tips for bringing kids.

Dress for the weather, bring sunscreen, lots of easy-to-eat snacks, juice/water, an extra light blanket (to lay down kids anywhere for a diaper change). Have a plan for potty breaks. If your child is too young to know your name and how to contact you, consider using a carrier or a stroller. If your child is bigger, attach a sticker with your first name and number onto their shoe, inside their coat, or to their shirt, just in case, and be sure to let them know what to do if you get separated.

Pets. Generally, it is best for your dog to stay at home. It can be difficult for a pet dog to walk amongst a large gathering of people. The size of the gathering and the noise can be disturbing. Further, people may accidentally bump into or walk on your pet. Depending on the weather, they may be walking for a long time in snow, slush, or soggy muddy grass, all of which may cause stress for both you and your dog.



WHAT SHOULD I PACK FOR THE MARCH?

Bring as little as possible, knowing that you may be there longer than you expect, with fewer facilities than you expect. Rallies and marches can be three or four hours long.

BACKPACK THE BASICS:

Personal identification and money.

Bring your ID, your health card and medical information, one credit or debit card, and \$25–\$40 in cash. If you don't have phone numbers memorized, consider a piece of paper or write on your arm the number of an emergency contact just in case your phone dies or gets lost.

Water. Bring water as it may be hard to find. Consider reusable water bags, as they don't take up much space or weigh much once empty. Don't expect stations to refill them though, bring enough for four hours—if you have too much you can share with others who didn't bring enough.

Snacks. Energy bars are the best as they don't take up much space, can be broken and shared with others, and can be eaten without having to remove your gloves.

Medications and glasses.

If you take medication, bring enough for a minimum of five hours even if you think you'll be there far less. Better safe than sorry. If you wear contacts, bring a backup pair of glasses and eye drops.

Personal care products.

Bring a travel-sized pack of wet wipes. They can be used for the porta-potties (if provided) but also for other cleanups during the day. One of those purse packs of tissues is also awesome, especially in cold runny nose weather. If you're having your period or want to be the BFF of someone who may have had theirs come earlier than expected, bring a couple of tampons or pads. Again, plan for five hours even though your day will likely be shorter. Also bring at least one clean bandana. It's not heavy, won't take up much space, and can prove quite useful for a face cover, washcloth, pouch to hold small items, head covering, and more.

Communication essentials.

A sturdy phone case, and a battery pack to juice up your phone. Business cards are great to share contact info with new friends made. Paper or a notepad and a Sharpie as it can write on most anything, even if it's damp from rain or snow.

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