4. Offensive Weapons and Sprays

Padding for Offensive Weapon Protection

Padding anywhere is up to individuals. If padding is used, the priority areas should be the soft tissue of tummy, lower back and groin. These areas contain vital organs, do not have bones protecting them, and the police are trained to aim for these areas.

CS Gas and Pepper Spray Preparation

Bring spare contact lenses/glasses. It is important to get contact lenses out if you are exposed to CS gas or pepper spray as CS gas can get trapped behind the lenses and burn your eye – if contacts are not removed, the end result could be blindness. Contact lenses worn in CS gas are contaminated and must be thrown away.

Carry more than one pair of well fitting swimming goggles with shatter proof lenses and change them regularly in a CS gas contaminated environment. Prescription swimming goggles are available.

Carry vinegar/lemon juice soaked bandanas in sealable plastic bags – effective for short periods against breathing CS gas, or a small bottle of lemon juice/vinegar to apply at scene. We recommend apple cider vinegar – it is not pleasant to breathe malt vinegar.

We do not recommend gas masks they are expensive, only effective for short periods, can be confiscated and usually have glass/plastic that can shatter.