The author describes the article as follows: It is roughly a list of things that I and others have come up with largely through our own blunders, in retrospect of which we consider ourselves to have been amazingly lucky. Most of this is common sense, a lot of it so obvious that it might at first glance appear silly...but often the obvious is precisely what must be articulated. If anything in the article can be helpful to somebody else, it has been worth the small effort it took to compose it. I haven't tried to achieve a high level of literary accomplishment, but rather to present in as clear a fashion as I could a few fundamental ideas that people ought to be aware of.

1. ESTABLISH TRUSTWORTHY CONTACTS

If you anticipate going underground, use the time you have now to make some preparations. Locate trustworthy people - liberals in nice houses, as well as brothers and sisters - who can put you up or give you money. Probe their thoughts about the political scene. Then (at a later time): "Do you think you would harbor a fugitive?" These should be people you know personally, or people your best friends can vouch for. The important contacts are those in other cities, and (even better) in other states. A contact in your local area is also useful as a source of news. But make the contacts now. People are scared and will not necessarily be persuaded to take you in after the fact. When seeking aid, remember to be discreet, polite, thoughtful. Don't ask unnecessary favors. Try to be as self-reliant as possible.

2. TAKE IT SLOW

Stay in a single place for as long as you can (if the situation seems cool). If you're constantly on the run, from one unfamiliar scene to another, you're bound to become less careful and easier to spot. Give yourself lots of time to adjust to the jolt that going underground will give your life style. The simplest decisions may prove hard to make unless you allow yourself time to stop and think. Calmness is essential especially during the first few weeks, when every knock on the door and ring of the phone will make you jump. Gauge your emotional strength from time to time, don't take on too much. (This doesn't mean you should become an invalid, a bad trip for all.) Try to set a low limit on luxury (varieties of food, softness of mattress) and remember that it's best not to focus everyone's attention on you.

3. BE AS INCONSPICUOUS AS POSSIBLE

Cities are generally safer than rural areas or small towns. Avoid communes. Don't wear clothes that are likely to draw suspicion (i.e., military boots or jackets if you were in the Army). Don't carry luggage around constantly. Travel light. Absence or presence of glasses makes a significant difference, as does hair. Don't overdo it, for example, by dyeing your hair, unless you are desperate and confident you can get away with it. (Women have an obvious advantage with makeup.) AVOID LEAVING FINGERPRINTS ANYWHERE, wear gloves in handling letters, etc. AVOID CAMERAS, but don't become obvious in the process. Resist the temptation to send photos to your friends and family.

4. BE METICULOUS ABOUT CORRESPONDENCE

Use only a few trustworthy contacts, in different locations, to channel your mail. Place your letter in an envelope, omit the return address, send it in another envelope (with a covering sheet over the inner envelope) to your contact. Make sure all contacts know how to handle forwarding: no fingerprints inside the envelope, no return address, sent from a central post office in a large city. By switching contacts regularly, you might confuse the Man. Always give those correspondents from whom
you want to receive replies careful instructions in how to do it. Have them address the letters to contacts (for forwarding to you), or to some other person - fictional or otherwise - at the address of your hideout. Make the envelopes inconspicuous. Warn correspondents to destroy your letters as soon as they have been read; and, if they are friends, remind them to get rid of any traces (letters, books, clothes) of your former association. NO ONE SHOULD KNOW ABOUT YOUR PRESENT CORRESPONDENCE, other than you and your contacts and the one you write to. You should expect all kinds of delays in receiving replies if you are trying to be careful. Your letters to others are more likely to endanger you than those sent in reply, unless you're under surveillance at your new location - in which case you should move.

5. KNOW THE LOCAL SCENE
Become acquainted as soon as possible with the hitchhiking, jaywalking and other regulations in your new location, and any other special problems. Your hosts ought to be able to help in this area. Ask also about police habits, movement activity, neighbors' attitudes, what to do when the phone rings, etc. Try to adapt to the customs of the local scene.

6. STICK TO YOUR STORY
Don't feel you have to tell everybody (your story of) where you came from or who you are or what you are doing . . . but have a simple story ready in case of need - nothing exceptional or elaborate. Once you have a story, stick to it.

7. CHANGE YOUR NAME AND I.D.
One you have a name, stick to it, unless you blow it in some way and have to start again. Don't depend completely on your I.D. No I.D. is without its limits, when investigated. Fake drivers' licenses seem to be a bad idea, since you're bound to be picked up for small violations once in a while. You can probably get some I.D. that is official, such as social security, library cards, checking accounts. On draft cards, and other forms that require coding, make sure you know what the coding stands for, and select the right letters or numbers. Any pseudonyms should be common, reasonable-sounding names, preferably names that feel natural to you. Be careful to AVOID CARRYING MORE THAN A SINGLE SET OF I.D., but store a spare set with friends if possible. If you must change your name again, make sure the people you remain in contact with know which name to call you.

8. BE CAUTIOUS ABOUT MOVING
When about to make a new move, discuss it with those around you in whom you have developed confidence. Try to assess your plans realistically, to foresee possible obstacles, to examine alternatives. Don't jump the gun. Gather the resources you'll need. Contact friends ahead, if you can, to assure that you will have people to go to, are stopped for some odd question about timing, means of travel, etc. ALWAYS LEAVE PLACES CLEANLY: no telltale traces.

9. PAY FOR YOUR PHONE CALLS
If you have to phone, use only pay telephones in central locations. Say as little as necessary, avoid name-identification. Also beware of using fake credit-card numbers, and use borrowed credit-cards with extreme care if at all. In my opinion, any call that will be logged for billing purposes is to be avoided, since it tells where the call was placed and the number called; instead, use coins.

10. DON'T PANIC IF PICKED UP
Play it as cool as you can until it becomes obvious that you are identified. Sometimes you can give yourself away before they would have noticed. Most people are stopped for driving violations, jaywalking, hitchhiking, other small offenses. Until they fingerprint you, you're still who you say you are, and there may even be a delay after that to enable you to get away. (For this reason it is essential to have a fast source of bail money available: someone who can act anonymously to avoid getting stuck with an accomplice rap. Lawyers may be able to act as confidential agents here without jeopardy, but be sure they are trustworthy people.)

11. TRY TO ESTABLISH CONFIRMED WORK REFERENCES
Stay away from the kind of jobs that offer slave wages for a full day's work, without asking questions about your background. These are likely places for runaways, AWOLs, fugitives to go when desperate; hence, dangerous. The alternatives are difficult. Try to find places to stay where your chores, cooking, etc. will be an acceptable exchange for hospitality. Watch for ways to build a "work experience" that you can have confirmed by references; the more of this you have, the easier it will be to fill out future applications. One advantage (?) is that there are a lot of straight people who haven't had jobs lately, too. It's easy to say you're a student, but what will you answer when someone asks where you go to school? Here again, ob-
tain I.D. from a friend has a definite advantage. There may be a few openings in movement-sympathetic places, but there is a risk, too, that you will be discovered by the work you do or by the inclination to tell more about yourself to a sympathetic fellow worker. If you have a talent or skill (and it's not on your wanted poster), or if you're into crafts or writing (things you can do at home), you have an important advantage. It may be possible to get some people together to start something new that will feed and clothe you. Money seems to go fast for people like us, so don't count on saving a lot, concentrate on the present. Let your contacts and local friends know that they should watch for openings. But don't expose yourself just to get a job.

12. LIMIT YOUR TIME WITH THE MOVEMENT

Your exposure in movement activities is up to you. But be aware that your jeopardy increases directly with the amount of involvement. Don't depend on your disguise to shield you. Remember that movement people have a habit of meeting each other in odd places; one time, that other person could be an informer. Others may be threatened by your taking chances, too - especially the ones who are sheltering you. You owe it to them and to the others who may need their help later to avoid overt connections between you and them. There is so much work to be done in so many ways that it should be possible for someone to find the kind of work he can do yet remain undetected at the same time. The quiet, background people - an ideal spot for someone in hiding - are essential; and it's good therapy, too, if you've been up front for some time. Beware of public statements, gimmicks you think will impress the government or your former associates ... these could lead to your discovery, or provoke a more intensive search.

13. WATCH YOUR HABITS

Your chances of making errors and of being stopped are obviously greater when you're in public or a new group. For this reason, try to contain your movements. Don't take a chance on sleeping in parks or in bus, air, or train terminals. Libraries are cool ... there's lots to read. (Don't check out books with suspicious titles, since records are sometimes checked.) Try to cultivate activity that will keep you in one place for some time. Try not to pounce on the radio whenever the news comes on - it's unlikely that you'll be mentioned - and stay away from the out-of-town newspaper rack if you can't help thumbing through anxiously. It might be a good idea to avoid the news until you can react to it normally. If you have well-known and unusual habits in recreation and dining, etc., try to avoid falling into recognizable patterns. If you have to bear your soul every time you get bombed or stoned, don't indulge. AS A RULE, DON'T CARRY DOPE.

14. DIAGNOSE YOUR "CONDITION" FROM TIME TO TIME

Although not infallible, you can get a measure of your ability to hold up under the continuing strain of being underground by taking an occasional trip, again in the company of friends and in a comfortable, secure location. If you detect signs of a growing anxiety over being caught - if you can't relax and enjoy your trip - and this happens regularly, you ought to consider this a danger sign. Other telltale signs are physical changes, like loss of appetite, loss of weight, frequent depression, feeling of paralysis, lapses of mental or physical coordination. A change of environment, activity, may be enough to counteract these. But as the doctors say, "If the symptoms persist ... " then you ought to make a full reassessment of your condition. Don't worry about leaving something unfinished, or dropping out for a while. It would be worse to try to continue. Try to relax. Find distractions that will give you a chance to get out from under the weight that's pressing you. Don't jump to the conclusion that you can't make it; maybe the pace is wrong. Take care not to resort to dope or drink as a regular escape from the ' heavies'.

FREEDOM!