



# HAVE A GAME PLAN?



## PRE-GAME

- Eat & Hydrate (before & during)
- Budget how much you will spend
- Know your limit: weigh less = drink less
- What are your commitments tomorrow?
- Before you start drinking check:  
[www.knowthelimits.ca](http://www.knowthelimits.ca) (blood alcohol estimator)



## GEARING UP

- I.D.
- Money
- Charged cell
  - Remember: condoms, meds, epi-pen, etc.

## PLAY-BOOK

- Have rides there & back (D.D. or Cab)
- Go with friends
- Know where you're going & notice your surroundings
  - Make sure someone else knows too!



## END GAME

- Drinking games: choose more game, less drink
- Pace yourself. **2 for 1** It takes two hours to breakdown one standard drink.
- One Standard Drink is:
  - 12 oz. beer (5% alcohol)
  - 16 oz. pint of beer (1 ½ standard drinks)
  - 5 oz. wine (10-12% alcohol)
  - 1.5 oz. liquor (40% alcohol)
  - 1.5 oz. overproof liquor ( 2 Standard drinks)

HAVE A GAME PLAN...MORE FUN, LESS RISK!