

SURVIVOR'S GUIDE TO GOING OUT

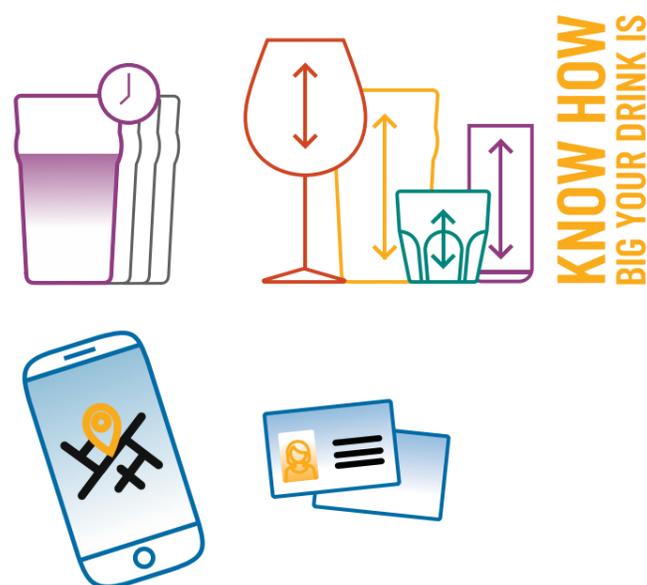
Plan ahead

Have a plan. If you think about how much you want to drink before you go out, you're more likely to stay in the zone.

Make the occasion about more than just drinking too. Plan to take in some sport, play a bit of pool, see a show, or hit the karaoke bar. Always plan in advance how you're going to get home.

Got everything?

Your night will go down hill if you leave your party essentials at home. Make sure you've got your EFTPOS card, ID, and your phone with the taxi number loaded. If you think you might stay at someone else's place, pack what you need and drop it off at their place in advance. You don't want to be caught short and make a bad decision!



Start slow

Make sure the night's not over before you even get out the front door. If you plan to have a few at home before you head out, maybe go for lower-alcohol options and have a good feed too. Remember your body can only process one standard drink an hour – not necessarily 1 bottle or glass.

Eat to last

Food won't stop you getting drunk but it will slow the pace at which your body absorbs alcohol. Protein rich foods – like dairy products, meat and eggs – release energy slowly, which means they will do a good job helping your body absorb alcohol over a longer period of time.

Keep count

Count your drinks to make sure you stay in the zone. Your body can process one standard drink per hour, so that's a pretty good guide for staying in control. Most people pour drinks larger than a standard serve, which means there's more alcohol than you think in every glass. School up on what a standard drink looks like [here](#) so you can keep count and last the distance in style.

Take it slowly

Don't keep downing drinks until you're drunk; and don't try to keep up with other people. You want a good night out, not a ghastly morning after!

If you start saying or doing things you wouldn't normally do, that's a sure fire sign to slow down.

Space your drinks with water (if you're in a group, introduce the spacer round), choose lower-alcohol options, and stop for a meal to help you remember the night for all the right reasons.

Safe and social

Part of the fun of going out is meeting new people. But you need to stay safe while you're being social.

Never accept a drink from a stranger. If they offer to shout you, make sure you take the drink from the bartender yourself. And never leave your drink unattended.

If you decide to go home with someone new, make sure a friend knows where you are going and who with. Txt them when you get there so they know you are safe.

Stick with the pack

Never wander off alone and make sure your friends don't either. After a few drinks your judgement will be impaired, and you might quickly find yourself in a sticky situation.

Getting home

If you're travelling by car agree who the sober driver will be upfront. If you're taking taxis, know who you can share a ride with to cut costs. If you plan on walking, have a buddy stay over so you can get home together.

And if you head home alone, text a friend when you get there so they know you've arrived safe and sound.

The next day

Your choices determine how you'll feel the next day. If you drink too much, too fast, it's likely you'll end up with a hangover. Have a good meal, space your drinks and stick with your friends – your body will thank you for it the next day!

