



BAR TIPS

Getting Ready

Make it a meal: Drinking on an empty stomach is a sure way to zoom from buzzed to messy. Make sure to eat something beforehand.

Know your limits: You probably already know how many drinks you can have before ugly starts to look hot. So decide before you start, how many drinks you will have.

Prep your bedroom (or your pockets): Put your condoms, lube and other sex supplies close at hand, so you won't have a hard time finding them later on.

Prepare for homeward bound: Either arrange a place to stay close to the bar/club or make sure you have transportation (from a designated driver) to get back home.

At The Bar

Mix it up: Alternate alcoholic and non-alcoholic drinks, especially if you want to make it to last call (and still be standing).

Don't gag on cocktails: Some bartenders are friendlier than others and one cocktail might have more than one shot. If the drinks are strong, order an extra glass of the mixer (soda or juice) to space out the alcohol.

Count your drinks: Remember those limits you set? Stick to them. Pacing is important. This way at least you will realize when you go over the top.

Watch out for your friends: (Note: This is also a good way to capture them on film for later.) If they doze off, make sure they are breathing ok. For friends who are way too tragic, make sure they have a way to get home safely. Drunk Dialing and Topsy Texting: Not generally good ideas, unless you need help.

Hooking Up

Believe it or not: Not everyone gets laid or goes out to get laid. Going home alone or with friends might mean less time at the clinic.

Getting To Know You: If you know a hookup lies ahead, use your time at the bar/club to talk about: what she/he likes, safer play, HIV status and when you both were last tested. Having this conversation now frees up your mouth for other activities later.

Nobody likes sloppy sex: You aren't obligated to hookup that night; you can always save sex until the next morning, when you have a clearer head.

**Condoms are generally available in most clubs/bars.
DON'T LEAVE THE CLUB/BAR WITHOUT ONE.**