



Travel Safety Tips

Check on safety issues before you leave home.

Check country security issues & register your trip with the U.S. State Department:

<https://travel.state.gov/content/travel/en/inter-national-travel.html>

Keep luggage close to you at the airport or train station. The more bags you carry, the easier it is to lose your stuff.

Sleep with valuables under your pillow on trains, long bus rides, or hostels.

Use safety pins to attach the pull tabs of your zipper to your bag. Then, no one can sneak it open when in a crowded place.

Wear a backpack under your arm rather than on your back. Choose a purse with a zipper, worn across the chest.

Never hang a bag on the back of your chair!

Place the strap of your backpack or purse under the leg of your chair, in sight.

Keep your valuables (wallet, camera, etc.) at the bottom of your backpack or on your person and close to you at all times, preferably on the front of your body.

Don't carry large sums of cash!

Crowded areas pose a higher risk of pickpocketing - bus stops, train stations, restaurants, tourist attractions, metros, and the beach.

Be aware of local issues - elections, weather, holidays, labor strikes, transportation shut-downs - can all have an effect on your travels/plans.

Always travel with a buddy. Do not walk alone - especially at night.



Other Travel Tips & Reminders

❑ **Research the location, activities, and culture** before you get on the plane.

❑ **Learn some language basics** and practice these hospitality basics before you arrive abroad. (hello, goodbye, thank you, pardon me, yes, no, my name is ...)

❑ **Travel low-tech** and consider if you need all the electronics you typically use in the U.S.

❑ **Bring a universal adapter** since wall plug in are typically different than in the U.S.

❑ **Pack an empty shoebox** in your suitcase so you have room for souvenirs.

❑ **Consider purchasing insurance for phone, laptop, other valuables** in case of possible theft while traveling.

❑ **Notify your credit card company** on your travel plans/locations.

❑ **Bring enough prescription medication for your entire trip.** No refills possible in other countries. Bring in original container with letter of explanation so you are not suspect with drugs in possession.

❑ **If staying with a host family,** bring a small gift for the family (chocolates, candy, or something representative from your home state.)

❑ **Use an ATM card to get local currency** (better rate than changing money at an airport or downtown kiosk).

❑ **Fees associated with smartphones and apps** are subject to change, so be sure to research before traveling with your phone overseas.

❑ **Turn off roaming on your phone** to avoid excess charges.

