

Other Ways to Stay Safe

- **Confirm that your health insurance covers foreign medical providers and medical evaluations**
- **Identify what medical providers exist and determine the level of care or services they may be able to offer. This information can be found on U.S. embassy and consulate websites and OSAC Crime and Safety Reports under the heading “Medical Emergencies”**
- **If you carry a bag or purse, hold it close to your body and away from the street**
- **Consider removing name tags, insignia, or apparel that would identify your affiliation with anything**
- **Be wary of strangers who have an unusual interest in spending time with you or learning more about you; Foreign nationals may naturally be curious, but be wary of undue attention or affection**
- **Stay with your bags at all times and politely refuse to watch or hold bags for others**
- **Be mindful of how much personal or business info you share with others**
- **Avoid getting into a cab that already has others in it**
- **Keep your room number to yourself**
- **Consider leaving a “do not disturb” sign outside of your room, and keeping the television on**

Your Hotel

- **Check for reviews online before booking your hotel**
- **Make sure it is in a location close to activities you plan to do**
- **When you arrive in your room, check behind all of the doors, under the beds, and in the bathrooms for anything suspicious**
- **Make sure you always lock your doors, even when you are in the room**
- **Keep all of your important belongings in the safe in your room and always keep it locked. Ex: Jewelry, Original passports, a copy of your license, extra cash, valuable electronics**



Information Provided By:

- www.cdc.gov/info/travel
- www.state.gov/travel
- www.osac.gov



PLANNING YOUR TRIP ABROAD

Summer/Fall 2019

Preparing to Travel

Planning ahead will make your trip safer and less stressful.

Following these steps will help you remain safe during your time traveling. Check the currency exchange rate online to figure out how much the U.S. Dollar is worth. Contact your bank to exchange money and to notify them you will be abroad. Notify your Credit Card Company and bank of your intent to travel; confirm credit limit and availability. Consider getting a new credit card with a smaller limit just in case of theft, to keep your other accounts safe. Contact your cell-phone company and find out if your phone has international coverage, and know what roaming fees may apply; depending on how long you stay, you might consider buying a new SIM card for your phone while you travel. Call the CDC to find out information about what shots you might need to enter the country of your destination. (1-800-232-4636)

<https://wwwnc.cdc.gov/travel/>

Packing Medicine and Hygiene Products

- **Basic necessities** like toothbrushes, tooth paste, floss, mouth wash, disposable razors, deodorants, and small travel size shower products
- **Basic medicines** like Tylenol/Advil, anti diarrheal medication, antihistamines, bandages, anti-bacterial creams/wipes and sunscreen
- **Check if your prescription medication is legal** in the country you are visiting
- **Bring your prescription note** from the doctor to prevent problems



Packing Other Belongings

- **Pack an extra set of eye glasses;** in case you lose or break them
- **Bring a back up charger** for your electronic devices
- **Pack one day's worth of clothing** in your carry-on, in case your checked baggage is delayed or lost
- **Don't bring clothing** that displays religious or political beliefs, or clothing that symbolizes the country you are from
- **Bring copies of all your important documents** including Passports/ Visa, Licenses, Insurance cards, the address of your hotel, and the embassy of your Country
- **Bring a paper map of your destination country/city** to prevent you from getting lost

How Safe is your Destination?

Do some research to figure out what the crime rates are like in the city you will be visiting. Find out what areas are safer than others. Always have an alternate escape plan, you can never be too safe. Find out about political and religious rallies in the area and stay clear of those locations.



How to Stay Safe

Try to appear as if you are not wealthy and hide your cash on you in different front pockets.



- **Never allow strangers or guests** into your hotel room; Meet in an open location with plenty of people around; Never accept food or beverages from strangers
- **Be alert and aware of your surroundings,** always keep your valuables in your front pockets, and keep your jewelry tucked into your clothing
- **When using local transportation,** discuss a price **before** you enter the vehicle
- **If you are detained,** contact the local U.S. Embassy immediately
- **Stay away from free Wi-Fi,** to prevent system hacking
- **Leave your travel itinerary** and contact information abroad with family or friends at home
- **Recognize that water is not potable** in every country; this also includes ice, water for brushing your teeth, and showering. Find out if you should be drinking bottled water in your destination

Renting a Car?

If you are renting a vehicle in the city/area of your destination, make sure you have the appropriate documentation with you, like insurance, copies of your insurance, copies of your license. Make sure your vehicle fits in with the public, you don't want to appear as a tourist . Keep windows locked and rolled up.