








## Safety Tips for Traveling

No matter where we are, we want to be safe. While many of the same rules for being safe at home apply to traveling, there are also a few we may wish to be aware of.












### Prior to traveling:

-  Seek advice on health standards and necessary immunizations before trips (particularly when traveling out of the country).
-  Assemble and carry a basic medical kit, including: OTC pain medicine, digestive aid, cold medicine, Band-Aids, hand sanitizer, allergy tablets, etc.
-  Insure you have the appropriate cell phone access for in-country and global phone access, as well as enough battery.
-  Familiarize yourself with living conditions, health risks, traffic regulations and rules of conduct in the countries you are visiting.
-  Research local weather ahead of time.

### Health / Medical

-  Keep Local Medical Services numbers and addresses in your cell and on paper.
-  When taking medicines with you, always have a doctor's letter to get through customs, carry medicines in pharmacist's labeled containers. Of course, be sure to carry any Rx meds with you and include enough for a few extra days (these should always go in your carryon).

### During Travel:

-  Keep your cell phone charged when you leave on excursions.
-  Preferably use public transportation and/or taxi services.
-  Avoid traveling at night or alone.
-  Don't eat in restaurants off main drives. Inquire with hotels about acceptable locations to eat.
-  Drink only bottled water, and verify cap was sealed.
-  Insure food is thoroughly cooked and still hot before eating.
-  Don't expose large amounts of cash.
-  Don't flaunt jewelry or expensive/brand name clothing that would make you a target for theft or mugging.
-  Don't become an obvious target by carrying excessive or expensive/ostentatious luggage, equipment, briefcases, etc. while on the streets.
-  Don't use your cellphone while walking on the streets as they are a target for theft.
-  NEVER leave your luggage unattended.

**If something does happen and a thief demands your valuables, do not resist! Your safety and well-being are more important!**

*Safe Travels,  
Tammy*