

Safety & Security for Overseas Travel

Safety is everyone's responsibility. You are going to unfamiliar places that will often pose challenges to you and your fellow travelers. Taking the safety precautions outlined here will help ensure a great trip.

BEFORE YOU GO

- Give friends and family your itinerary and contact information
- Get to know your emergency travel services policy (insurance information)
- Research safety issues related to your destination
- Talk with your fellow travelers about safety on the trip

REMEMBER TO PACK

- Extra medications—at least two weeks worth
- A copy of your important medical information
- Several copies of your visas and the picture page in your passport
- The address of your destination, written in the local language

IN THE AIR AND ON THE GROUND

- Always tell someone where you are going, your route, and your ETA
- Always know exactly where you are going, and act accordingly
- Use the buddy system. Avoid being alone.
- Avoid looking like a tourist, laden with bags, cameras, other valuable equipment
- Avoid talking loudly in English or drawing unnecessary attention to yourself in public
- Learn the names, phone numbers, and other contact information for your in-country contacts
- Register your passport with the embassy upon arrival online at:
<http://travelregistration.state.gov/>

MONEY MATTERS

- Look confident and dress conservatively with your valuables out of sight. Even better, leave your valuables in a secured place.
- If possible, carry only small amounts of money.
- Divide your money between two or three pockets or bags.
- In crowded areas, keep your backpack or purse in front of you, and your wallet in your back pocket.
- Pickpockets work in pairs, using distraction as their ploy. Be aware of jostling in crowds.

IN CASE OF EMERGENCY

- **Without delay, do what is necessary to ENSURE THE IMMEDIATE SAFETY of you and your fellow travelers.**
- **REPORT the incident to your trip leader and/or local sponsor.**
- **IMMEDIATELY CALL the Emergency Hotline Number.**

ASK YOUR LEADER OR HOST FOR THE FINAL WORD OF SAFETY BEFORE AND DURING YOUR TRIP.