

# TRAVEL SAFETY TIPS

## Daytime Travel Check-In Times

When planning your trip, try to ensure you arrive in daylight. This means you can get your bearings, find your feet and feel comfortable with your surroundings so at night time you can move around confidently.

## Share Your Travel Plans

Always make sure you give a full itinerary of your journey, including flight details to close friends and family so they know where you are throughout your trip.

## Copy Travel Documents

Copy your travel documents including your passport and leave them with family or friends at home. This is so that should the worst happen and you lose them you have copies to help you get the details you need.

## Stay in Touch

Always keep in touch – and it's especially easy with mobile phones. Text or phone as soon as you've arrived and keep in touch throughout your trip as you travel from city to city.

## Pack Light

Don't pack anything you really don't need. Pack essential documents in a bag that securely fastens, keeping any openings facing inwards.

## First Aid Kit

Make sure you have the basics such as plasters, antihistamine, medication for upset tummies and diarrhea. Always drink bottled water, when ordering drinks ask for no ice, and wash all your fruit and vegetables before eating them.

## Learn the Local Customs

Respecting the customs and cultures of the countries you are travelling to will help you to avoid any problems regarding attire, tips etc. Respecting cultures through your clothing will let you get on with your travels without any unnecessary confrontation.

## Preparation

Avoid getting huge maps out in quieter streets, instead plan your day, even consider making small notes so you can refer to these instead of giveaway 'tourist' guide books and maps.

## Confidence

Travel confidently. Be assertive. You'll be far less of a target for thieves. Consider what jewelry you have on. Wear as little as possible, deterring pickpockets and thieves

## Travel Insurance

Make sure you take out travel insurance and take a copy of the policy with you. If something happens check your policy because you will need to provide evidence of the occurrence e.g. police report, airport report, receipts and so on to make a claim.

