



# Travel safety tips for women (and men too 😊)



## Travel security



### Do your planning

**Familiarize** yourself with your **destination** and any potential security threats.

Determine **areas to avoid**.

**Choose a hotel** that only allows guests with keycards to use elevators and access guest floors.

**Read hotel reviews** to ensure previous guests did not have security concerns at the hotel.

**Do not indicate your gender** when booking your accommodation (if possible, leave Ms, Miss or Mrs. blank).

**Book smart** through your travel management company and your journey will be tracked.

**Give somebody** you know **your itinerary**.

**Always print a copy** of your passport, of your local emergency numbers, and of the hotel business card.

**Make e-copies** of your important documents.

**Be practical:** travel light.



### Traveling

**Choose driving during the day** instead of at night.

**Consider whether walking, especially alone, is the best option** depending on your location.

If using taxis, **use hotel taxi transport** if you have a choice.

**Try to arrive** at your destination **before dusk**.



### At the hotel



**Park your car close to the parking lot exit or use the hotel's valet service**, if parking at the hotel.



**Choose a room located close to the reception**, if staying at a motel.



**Ask the desk agent not to tell your room number** out loud if you are not alone around the front desk.



**Opt for a single-sex floor**, if available.



**Ask the hotel staff to walk you to your room**, especially if you check in late at night.



**Check that the locks on doors and windows work** inside your room.



**Keep the deadbolt locked** and use the secondary locking device.



**Use only the hotel's main lobby**, to enter or exit the building.



**Report lost or stolen room keys promptly**, so they can be de-activated.



**Only open the door if you are expecting someone**, otherwise call the front desk to confirm the person's identity.



**Do not accept a transferred call** if you do not know who is calling.



**Write a review** about your hotel's security: it could improve the way they do things.



### Outfit

**Dress comfortably** to make sure you will be able to move around easily (and choose your shoes accordingly!).

**Make sure you dress the part** depending on local customs.

In some places, wearing **a fake wedding band can be helpful for women traveling alone**.

**Consider whether wearing expensive jewelry** is a good idea based on your surroundings.



### Behavior

**Be confident** and **stay calm** in uncertain situations.

**Stay alert** to your surroundings.

If a security incident happens, **look for safe escape routes** and follow advice from emergency services.

**Beware of overly interested individuals** you do not know.



### Restaurant

Make sure your bottled **beverages are opened in front of you**.

**Avoid leaving** food and drinks unattended.



### Payment and money

**Use credit** or **travel cards** when possible.

**Don't carry too much cash** with you.

**Keep a secret stash of money hidden** in non-obvious places (such as in your toiletries kit).



### Devices

**Make sure** to have **mobile data**.

**Turn on your phone's localization**, especially at night.

**Always carry** an external phone **charger**.

## Travel health



**Research the health risks** of your destination.



Ensure you **monitor for outbreaks** of infectious diseases.



**Have a check up** with your doctor and dentist before you travel.



**Keep all medication** in its original packaging.



Check that your **vaccinations are up to date**.



**Pack all your essential medication** in your carry-on suitcase.



**Make a copy of the prescription** for your medication.



Pack a basic **first aid kit**.



**If you are pregnant**, stay hydrated and have copies of your prenatal medical records.



**Check that the medication you are taking with you is legal** in the country you are traveling to.