



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.



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**.



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.

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.