Travel Safety Recommendations

International travel has become increasingly more complex in today’s world. The recommendations listed below are intended to provide any traveler, beginner or seasoned, with basic information that may help to make your domestic or international travel experiences safer and more enjoyable.

General Travel Advice:
- Carry ID and/or emergency contact information on your person in a safe place
- Leave or send changes to your itinerary to friends and co-workers back home
- Consider checking the website of the local law enforcement agency for the town or municipality where you are traveling for safety tips or warnings about areas not to visit
- Stay on hotel floors 3-6, avoid ground floors
- Use the hotel safe and not your room safe
- Carry a flashlight in case of power outages
- Wear practical shoes (avoid high heels and flip flops) - shoes that allows you to run if needed in an emergency
- Do group planning in private, do not elaborate in hotel lobbies
- Secure your hotel door (door wedge, door alarms, etc.) at night
- Obtain and keep a business card with the address of the hotel where you are staying
- Have set times/dates to check in with others
- Take two pair of eye glasses
- Have emergency contact(s) out of the area that everyone in your group knows so they can call if local communications are not working and the group gets separated
- Avoid carrying large amounts of cash or wearing expensive jewelry
- Avoid drinking alcoholic beverages in excess - never accept drinks from strangers
- Walk around your hotel or area you are visiting and become familiar with it
- Decide on a meeting location if you cannot get back to where you are staying in case of an emergency
- Be wary of scams and anyone asking for information
- Avoid taking photos at prohibited locations

International Travel Recommendations:
- Get embassy or consulate information (address and 24/7 phone number) for the country you will be in as well as contact information for those in your group
- Have a map to an embassy or consulate in the area you will be visiting
- Research hospitals in the area and create a map (Google or Bing)
- Make copies of passport and both sides of credit cards and store on an email account
- Program the U.S. country code into your cell phone (+1)
- Take your vaccination records with you
- Prior to your departure, find out if there is an exit tax to leave the country you are visiting
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Please utilize the websites listed below to obtain more detailed information regarding travel warnings, student travel information, travel registration and contact information for U.S. Embassies and Consulates for your intended destination(s).

- [http://travel.state.gov/](http://travel.state.gov/)

  Travel Safety Tips from the Department of State: register your travel plans, passport tips, medical insurance coverage policy tips, precautions to avoid being a target of crime

  International travel information from the State Department such as: warnings, alerts and country information, contact information for U.S. Embassies and Consulates that provide emergency assistance to U.S. citizens and are available 24 hours a day, 7 days a week

- [https://step.state.gov/step/](https://step.state.gov/step/)

  Travel registration gives the State Department a way to contact you, allows you to sign up for alerts

- [http://studentsabroad.state.gov/](http://studentsabroad.state.gov/) - The State Department’s Guide for students traveling abroad

- [https://www.osac.gov/](https://www.osac.gov/)

  The Overseas Security Advisory Council run by the Department of State - aimed at businesses, but has detailed emergency guidelines and a large number of resources


  U.S. Department of Homeland Security-Transportation Security Administration
  Latest travel safety news: what you should know before you travel and TSA contact Centers

Other Resources:

- [http://cdc.gov/travel](http://cdc.gov/travel) - Centers for Disease Control and Prevention/Travelers Health
- [http://www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) - Health Canada