

Travel Safety Tips

If you travel abroad, whether for business or for pleasure, take a look at these traveling tips and keep them in mind to make your trip safer.

- Gather enough information on the country that you are visiting, including information on its political situation, security concerns and traditions.
- Scan your passport and write the passport number down. Learn the number by heart in case you lose it.
- Make copies of any official documents that you might have with you. Scan them and e-mail them to yourself so that you can access them wherever you are.
- Pack a basic first-aid kit that includes aspirin, bandages and an antiseptic cleaner.
- Know your insurance coverage in case you become sick or injured while traveling.
- A few days before the trip, avoid alcohol and caffeine to help relieve symptoms of jetlag. Hydrate yourself and eat lightly.
- Book an earlier flight rather than a later one. It will be easier and safer to find your hotel during the day.
- Try to relax and sleep on your flight so that you can feel energized once you reach your destination. To get used to the time change, try to sleep when the locals do.
- If renting a car, make yourself aware of the driving culture. The most common reason for deaths abroad is car accidents.
- Try to stay close to your hotel, and avoid disorienting yourself. Get a hold of a local map. Many times, the hotel's reception desk will have them.
- Pick up your hotel's business card. If it is in the local language, you can use this if you should get lost.
- Use local currency when possible.
When exchanging currency, ask the currency exchange for smaller denominations.

If you are traveling to a third world country;

- Make sure that you get the necessary vaccinations for the country that you are traveling. Malaria, cholera and typhoid are still common in many countries. Also, some countries require certain vaccinations in order to get a visa. Check with your doctor or local health professionals.
- Use two wallets, and hide one of them with your most important belongings in your jacket pocket. Fill your other wallet with just a small amount of money. If you are assaulted, you can hand this one over.
- Don't count your money in public.
- Keep large denominations of money out of site.
- Set a limit on your credit card so that if it is stolen, large amounts of money will not be spent on it.
- Do not wear expensive jewelry.
- Be aware of cultural traditions at your destination.
- Do not use an expensive mobile phone. If possible, take an older, reliable one.
- Learn what the uniforms of the local police look like.
- Set the price of the taxi ride before getting in the taxi, or ask the driver to use the meter.
- Meet colleagues or friends only in busy areas.
- When eating out, eat in restaurants that are busy. To avoid an upset stomach, try new food in moderation.

If traveling outside of the U.S.A. on Fermilab business, go to url, http://lss.fnal.gov/travelinfo/emerg_assis.html for emergency travel assistance through the URA/Fermilab Business Travel Accident Plan.

You can also pick up an informational brochure and ID card at the Travel Office, WH1NE or the Benefits Office, WH15NW.

