



On the Road:

- **Maintain** an Emergency Car Kit. Some important items to include are a first aid kit, reflective warning signs/flares, blankets, food, water, tire gauge, flashlight, and jumper cables.
- **Have** a qualified mechanic make sure your vehicle is in good working order and all safety equipment is operational prior to a road trip.
- **Make** sure to get a good night's sleep, take breaks, and rotate drivers. Drowsy driving is a contributing factor to many accidents.
- **Ensure** car/booster seats are installed properly and child safety locks are engaged.
- **Maintain** a safe following distance. More weight in the car will require a longer distance when braking.
- **Do not** text or talk on the phone while driving. Distractions, even hand-free technology, can use up to one third of your brain activity, reducing your focus on what is going on in front of you.

International Travel:

- **Visit** the [U.S. Department of State website](http://www.state.gov) to find country-specific information and alerts as well as how to enroll in the [Smart Traveler Enrollment Program \(STEP\)](http://www.state.gov/step).
- **Exercise** appropriate health precautions for the region to which you are traveling – get vaccinated, take prophylactic medications, etc.
- **Find** the local emergency phone numbers and program them into your phone (Most countries do not use 911).
- **Make** color copies and scans of your passport photo page to carry with you, leave with someone at home, and for your traveling companions.
- **Consider** purchasing travel insurance. Otherwise you may not be covered for international medical treatment, emergency expenses for accommodations, incidentals, and medical evacuation.
- **When** renting a car, familiarize yourself with local driving laws and road signs. Find out if the country or rental agency requires an International Driving Permit.
- **Research** the safety records of public transit, taxis, and other for-hire options.

At your Hotel:

- **Keep** an eye on your luggage when checking in to help thwart opportunistic thieves.
- **Consider** traveling with a door wedge for additional security when in the room.
- **Call** the front desk to confirm legitimacy of visitors at your door.
- **Use** the room or hotel safe to lock up valuables when you are not in the room.
- **Become** familiar with the escape route from your hotel room.

Adapted from:

Travel Insurance Review. *Top 12 Hotel Safety Tips Travelers Should Never Ignore*. Retrieved from <http://www.travelinsurancereview.net/tips-and-advice/travel-safety-tips/hotel-room-safety/>

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Morse, C. (2015, February 19). *10 important safety tips for travelers*. Retrieved from <https://www.usatoday.com/story/travel/advice/2015/02/19/safety-tips/23617237/>

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