



S.A.F.E. Newsletter



SOLO TRAVEL



Traveling alone can be an exciting and rewarding experience, but it's important to prioritize your safety!



Research your Destination



Research **local customs, culture**, and any **safety concerns**. Ensure to find out the location of the country's US Embassy or Consulate, the country's Emergency Phone Numbers, and check the US Department of State [website](#) for any travel advisories. Research your accommodations and transport to ensure they are reputable, safe, and legitimate.

Prepare for Travel



Acquire all necessary travel documentation, such as your passport, visas, and medical documents. Make copies of your passport, ID, and other important documents, and store them in a separate location from the originals. Take a picture of your passport and store it securely on your cell phone. Get a money belt or hidden pouch to keep your valuables safe.

Share your Itinerary



Make sure someone you trust knows your travel plans, including where you'll be staying and how to reach you. Check in regularly with friends or family so they know you're safe.

Stay Connected



Keep your phone charged and with you at all times. Consider getting a local SIM card or an international data plan and a map program so you can stay connected and find your way in case of emergency.

Trust your Instincts & Stay Aware



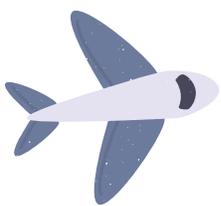
If something doesn't feel right, trust your gut and remove yourself from the situation. It's better to be safe than sorry. Stay clear of dangerous areas, especially at night. Keep your belongings secure, be mindful of pickpockets, and do not advertise that you are traveling alone. Be protective of your drinks and consumables to avoid being drugged.

By following these solo travel tips and staying vigilant, you can enjoy yourself while prioritizing your personal safety!

TEST YOURSELF!

Are you ready for solo travel? Try the quiz below:

- 1. You are searching on the internet for places to stay, you find a perfect hotel for the perfect price that is much cheaper than other hotels in the same area, but it does not have many pictures or online reviews. Should you go on ahead and book it?**
 - a. No, if it seems too good to be true, it probably is. Go with a more reputable hotel.
 - b. Book it, what's the worst that can happen? We are saving money.
- 2. You do not have a passport and need one to go on your trip next year, when should you apply?**
 - a. The US State Department recommends at least 6-9 months before your planned travel.
 - b. A few weeks before, it should be fine.
- 3. You take specific medication to manage a chronic condition that is illegal in some countries without a valid prescription. Do you need to do anything to prepare for travel?**
 - a. Yes, ensure that you keep your medication in a valid pill bottle and that you have a copy of your medical prescription. Check to ensure that your medication is permitted in the country you are traveling to.
 - b. Do nothing, it's not a big deal.
- 4. You spill your backpack on the ground dumping your passport and wallet, showing everyone in the square that you are a US citizen on vacation. A person approaches you after you pick everything up and offers to walk you to your hotel and they even know a short cut. What should you do?**
 - a. Say no, and do not tell them that you are traveling alone or what hotel you are staying in. They might get angry and accuse you of being rude for not accepting their offer. Continue to say no, you can say that you have "plans to meet friends" or anything that involves you meeting other people and extract yourself from the situation. Go to a well-lit public area or store.
 - b. Say sure! Let the stranger lead you to their short cut and tell them how you are traveling alone.



Key:

Answer all A's, you are a savvy traveler! Research your travel plans, enjoy yourself, and stay safe!

Answer any B's, you need to go to the US State Department [website](#) and do more research on your travel destination to keep yourself safe and be prepared for travel emergencies.