



# TRAVELER SAFETY TIPS

Travel Incorporated Whitepaper

## Managing Travel Risks: Keeping Travelers Safe

Even seasoned travelers benefit from reviewing core safety practices. This whitepaper outlines practical precautions to help minimize risks throughout the journey, from flights and ground transportation to hotel stays and time spent at unfamiliar destinations.



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# Staying Safe and Prepared



Traveling to a new destination requires more than booking a flight and hotel. The most common risks to travelers, whether related to health, safety, or security, often occur once they arrive. By taking proactive steps before departure, making informed choices near your accommodations, and staying alert while dining or exploring, travelers can reduce exposure to unnecessary risks and handle unexpected challenges with confidence.

## Before Your Trip

- Verify entry requirements (e.g., passports, visas, vaccinations, insurance)
- Make digital/paper copies of passports and visas; leave one at home
- Confirm medical, security, and trip disruption coverage; store emergency contacts (phone + print)
- Pack extra medication and clothing in case of delays
- Dress casually; avoid expensive jewelry, watches, or luggage
- Research local health/safety risks, customs, and weather
- Bring the correct electrical adapter, flashlight, and/or power bank
- Enroll in the U.S. State Dept. STEP program
- Verify passport validity (6+ months after return)
- Save local emergency numbers, embassy/hotel info, and company risk provider contacts
- Notify banks/credit card companies; carry a backup card and emergency contacts
- Learn key local phrases (e.g., greetings, help, emergencies)

## Near the Hotel

- Familiarize yourself with the area and access routes
- Be aware that safety levels may differ significantly after dark

## When Eating Out

- Eat only properly cooked, hot food; avoid street vendors
- Never leave food or drink unattended
- Drink bottled or sealed beverages; avoid unsafe ice and tap water
- Choose only pasteurized dairy products

## When Out and About

- Stay aware of your surroundings; avoid large crowds, protests, and unsafe areas
- Dress modestly and avoid expensive clothing or accessories that could attract attention
- Minimize distractions (e.g., maps, phones) in public to reduce theft risk; carry ID and know local emergency contacts
- Consider carrying a fake wallet and use ATMs inside banks or hotels, not on the street
- Exercise extra caution at government, religious, or other high-risk sites
- Be alert when crossing streets, especially in countries with opposite driving sides

# Taking a Flight: Traveling Smart

Airports and flights present unique challenges, from health risks during long-haul journeys to security concerns in crowded transit areas. By preparing before you leave home, staying alert while navigating airports, and taking precautions on board and upon arrival. Travelers can protect their health, secure their belongings, and reduce digital and physical vulnerabilities throughout the journey.

## Before Heading to the Airport

- Pack enough medication in original packaging with prescriptions/medical letters; check import restrictions
- Carry a power bank and ensure mobile devices are prepared for potential inspection; consider a clean device with minimal content
- Spread out credit cards and cash in case of theft
- Keep printed copies of critical contacts: consulate/embassy, family, and employer emergency numbers

## At the Airport

- Carry sufficient food, water, valuables, travel documents, and medication securely with you; never leave luggage unattended
- Don't reveal your hotel details to strangers
- Use caution on public Wi-Fi and avoid accessing sensitive information
- Stay alert in crowded transit areas and keep valuables and passports with you when leaving your seat

## On the Flight

- Always follow the flight safety briefing and note the nearest exits, even if behind you
- Stay healthy and hydrated; limit alcohol, exercise while seated, and wear compression socks on long flights
- Power off and stow devices unless requested by officials to protect digital privacy

## On Arrival

- Answer officers' questions concisely and honestly; ask for clarification if needed
- Retrieve all checked luggage and plan your airport exit in advance to avoid standing out
- Carry some cash for local currency in case ATMs or cards are unavailable



# Using Ground Transportation: Staying Safe

Ground transportation is often one of the most vulnerable parts of a trip, whether navigating public transit, renting a vehicle, or using a chauffeured service. By preparing ahead, verifying providers, and staying alert during travel, you can reduce exposure to theft, fraud, and accidents while ensuring smoother, safer journeys from point to point.

## Using Public Transportation

- Confirm public transportation is safe, reliable, and operating at your arrival time
- Avoid travel during peak hours when services may be overcrowded

## In a Rental Car

- Confirm license requirements (e.g., international driver's permit) and familiarize yourself with local traffic laws
- Use company-approved car rentals with a corporate card; ensure insurance and protection are arranged
- Inspect the vehicle's condition, safety features, tires, and fuel level; confirm fuel type and emergency contact numbers
- Consider local weather and necessary safety equipment (e.g., chains, snow tires)
- Use valet parking when possible to reduce risks walking to/from the hotel
- Plan routes and traffic conditions in advance; always wear a seatbelt and never drive under the influence

## Using a Chauffeured Service or Taxi

- Pre-arrange chauffeured services with a trusted company and avoid displaying your name or company on the placard
- Only enter the confirmed vehicle after verifying license plate and driver; never share a ride with strangers
- Keep conversations with the driver professional; do not discuss personal details
- Load luggage yourself and place valuables on the floor near your feet, not on seats
- Keep windows up, doors locked, and always wear seatbelts to prevent theft

## Taking a Train

- Keep luggage within sight whenever possible
- Avoid late-night transfers, especially during long layovers



Uber

# Safety in Hotels: Securing Your Stay

Hotels can feel like a safe haven during travel, but they also present unique security risks. From choosing the right property to safeguarding your room and blending in when moving about, taking proactive precautions helps protect both your personal safety and your belongings throughout your stay.

## Before Arriving at the Hotel

- Choose a hotel near your destination in a safe area, with 24-hour staffed reception and controlled access
- Consider employer or colleague recommendations to ensure it meets your needs

## On Arrival

- Use valet parking to reduce risks walking from the lot
- Keep your travel status private and, if applicable, consider women-only floors in gender-segregated countries
- Always be aware of your floor and room number; don't rely solely on memory

## In Your Hotel Room

- Know emergency evacuation plans and the nearest exit; ensure all locks and the room phone are functional
- Enhance security with peephole covers and door jams; do not answer the door unless expected
- Store valuables securely, ideally in a safe, and keep a flashlight at your bedside for use in the dark

## Out and About

- Make your room appear occupied (e.g., Do Not Disturb sign, TV on) and keep your key hidden; remove it from sleeves showing the room number
- Never disclose your name or room number to strangers or other guests
- Talk to the concierge before going out to avoid high-crime areas
- Carry an offline record of the hotel address and a small first aid kit
- Blend in with your surroundings, avoid looking like a tourist, and limit cues that you're traveling alone
- Avoid clothing or logos that identify your nationality
- Stay vigilant, trust your instincts, and remain aware of your surroundings; avoid distractions like looking at your phone, and leave or change direction if something feels off



# General Safety Tips



## Situational Awareness

Stay alert and aware of your surroundings. Know where you are, who is nearby, who you are with, and the location of your belongings. Avoid unsafe or isolated areas, suspicious activities, and walking alone at night. If approached by someone suspicious, move away quickly. If confronted, prioritize your safety over possessions and give up valuables rather than resist.

## Valuables

Keep a low profile and avoid drawing attention. Don't wear expensive jewelry or watches. Store wallets securely, avoiding back pockets, and consider RFID-blocking technology. Hold purses firmly and wear backpacks on your chest in crowded areas or on public transport. Leave extra valuables in the hotel safe when going out.

## Electronics

Keep your cellphone charged at all times and conserve your battery by putting it in airplane mode when not in use. Bring a fully charged back-up charger that can be used for multiple devices in case of unexpected delay.

***Check the U.S. State Department's website for safety information by country when traveling outside the U.S.:***

***<https://travel.state.gov/en/international-travel/travel-advisories.html/>***