



# PROTECT HER PATH

CONFIDENT. PREPARED. PROTECTED.

## Essential Travel Safety Checklist

### Before You Go

- Research the area: Look up local safety tips, recent news, and customs.
- Share your itinerary: Leave a copy with a trusted friend or family member.
- Set up travel alerts: Sign up for notifications from the local embassy or consulate.
- Secure travel insurance: Ensure coverage includes health, theft, and emergencies.
- Review your passport and IDs: Make copies and save digital backups.
- Pack a small first-aid kit: Include any necessary medications.

### Packing Essentials

- Portable charger: Keep your phone charged and accessible.
- Emergency contacts: Save local emergency numbers, hotel contacts, and a family member's contact info.
- Travel locks and security tools: Bring locks for your luggage and hotel room if needed.
- Personal safety devices: Consider a small alarm, whistle, or safety app with location tracking.
- Concealment options for valuables: Use a money belt or clothing with hidden pockets.
- Comfortable shoes and clothing: Wear items that allow you to move easily and blend in with locals.

### Accommodations/ Transportation

- Choose secure lodging: Look for properties with good reviews, secure entrances, and 24/7 staff.
- Inspect your room: Check locks on windows and doors, and locate the emergency exit.
- Know safe transit options: Use verified transportation services, avoid sharing personal details with drivers.
- Map your route: Save offline maps and plan your route ahead of time.
- Secure Valuables in Your Room: Use the hotel safe if available, or bring your own portable safe to secure important items like passports, electronics, and other valuables.

### While Traveling

- Stay aware: Keep personal items in front of you, stay alert to surroundings, and avoid distractions.
- Limit use of ATMs: Use ATMs only in well-lit, secure locations and withdraw only what you need.
- Avoid displaying valuables: Keep jewelry, electronics, and cash out of sight.
- Trust your instincts: If something feels unsafe, remove yourself from the situation.
- Keep a low profile: Dress modestly, avoid loud conversations about money or travel plans.

### Emergency Prep

- Know emergency numbers: Save numbers for local police, ambulance, and your country's embassy.
- Familiarize yourself with escape routes: Know the exits in hotels, restaurants, and other public spaces.
- Have a personal exit strategy: Plan how to leave quickly if needed and identify safe places nearby.
- Carry a small emergency kit: Include items like a flashlight, pepper spray (if allowed), and emergency contacts.

### After Your Trip

- Review credit card and bank statements: Monitor for any unusual activity.
- Check travel belongings: Make sure nothing important was left behind.
- Reflect and document: Make a note of what worked well and what could improve for future trips.
- Evaluate Safety Tools: Review any personal safety tools you used or brought. Decide if they need replacement, upgrades, or adjustments based on your experience.