

TOP 10 TIPS FOR SAFE TRAVEL

1 Look after your essential documents

The most important documents that you will carry are:

- Your passport, with the correct visas
- Your vaccination certificates (if applicable)
- Travel insurance policy

It is highly recommended that you take photocopies of all the above with you when you travel, and have PDFs saved in your email. During COVID, you need to be up to date on entry restrictions and requirements as there may be more forms to fill in before you're allowed entry to a country. Check all the latest government advice on the FCO website here:

<https://www.gov.uk/guidance/travel-advice-novel-coronavirus>



2 Keep your money safe

As most banks charge you fees for using credit or debit cards abroad, we recommend getting a pre-paid travel card before you go. Not only does this save you up to 3.5% on each transaction, it's also easily replaced if lost or stolen. That means no cancelling your card from abroad, and no personal details lost either.

Ideally, keep your cards, passport and additional cash locked away at your accommodation in a safe or locker. When carrying cash, try to have an emergency stash somewhere on your person for if things go wrong. A money belt or money sock is a great option for keeping your funds safe while out and about.

3 Valuables can attract unwanted attention

When exploring a new destination, make sure only to carry the cash you need for that particular day. An expensive looking watch, camera or mobile phone could also draw unnecessary attention. Try to avoid being too showy with your tech, but if you do find yourself in a situation where you are being robbed:

- Don't panic, stay calm and give up your valuables without a fight
- Make your way to a safe location to assess the situation
- Make a list of everything that was taken and contact your insurance provider
- Ask your accommodation to help you go to the police station
- Keep travelling! Don't let this affect your confidence

4 Stay aware while travelling

If you are taking an overnight bus or train, keep everything of value with you. Don't leave things in your bag under the bus or at the end of the train carriage. Bring a padlock with you when you travel and lock your hand luggage, keeping it close when you fall asleep. Even better, use your bag as a pillow! Only travel in licensed taxis, and ensure that the price is negotiated beforehand or you are using the meter. Never hitchhike, it's not safe in any country.

5 Stay healthy

There's nothing worse than feeling ill away from home. That's why it's important to pack accordingly and pre-empt a lot of the sickness you may encounter. Before you go, check whether your destination requires malaria medication, insect repellent or a mosquito net. We also suggest that you take a first aid kit that includes water purification tablets, anti-diarrhoea pills, re-hydration sachets and any prescribed medication including contraception. In the post-COVID world, hand sanitiser and a box of face masks will go a long way to ensuring you stay safe and healthy while travelling.

6 Safety with drink and drugs

Stay within your limits when drinking alcohol. Make sure that you never accept a drink from a stranger, and you always keep an eye on your drink while out. Unfortunately, drink spiking is a common problem that travellers face. Do not buy or take drugs overseas. The laws differ from country to country but can be as severe as jail time or even the death penalty.

7 Safety in numbers

You are always safer travelling with another person or group of people, and this is especially the case at night. Trust your instincts, if something doesn't feel right then make efforts to exit the situation you are in.

8 Safety upon arrival

Try to arrive at new destinations in daylight hours, keep this in mind when booking – cheapest isn't always best! Make sure you know the address of your accommodation, ideally with pre-booked transfers. Turning up in a new destination with no certainty of where you are going makes you an easy target for scams.

9 Don't get complacent!

Once you've been on the road a while, it can be easy to forget all this good advice and let your safety standards slip. This is when you are most likely to get into the type of scenario you have been trying to avoid. Before you get to each new destination, reset and make sure that you have everything you need to continue safely.

10 Keep in touch

You're on the trip of a lifetime, but it's still important to keep in touch. There should always be someone who knows where you are and where you are going should anything go wrong. Download a location tracker on your phone so your location is always visible. What's more, family and friends will love to get an update from you and see your pictures!

