



The Washroom Post

A continuing resource for community support and advocacy.

Issue 12, June 2018

Safety Tips for Traveling

Whether you travel often or you're getting ready for a once-in-a-lifetime vacation, it's important to think about safety as part of your travel preparations. The following tips can help travelers plan for a safe and comfortable trip and may reduce the risk of many different types of crimes, including sexual violence.



Before you go:

- Share your travel information.
- Research ground transportation.
- Familiarize yourself with the destination.
- Plan for safety abroad.

When you get there:

Beware of "Vacation Brain."

It's nice to relax and put your worries on pause, but that doesn't mean you should let your guard down.

Keep track of what you drink.

Be smart about what drink. Not familiar with an ingredient? Look it up on your smartphone. Keep track of how much you've had to drink, and be aware of danger signs.

Ask yourself:

- Are you familiar with your surroundings? Take note of local landmarks, like drugstores or restaurants, that can help you feel more oriented. If something happens, you'll know where to turn for help.
- If you get lost, do you have the address of your lodging written down or memorized in the local language?
- If you are separated from the group, is there a designated place where they would go to look for you?
- If your phone dies, do you have a portable backup charger and a few phone numbers memorized? If you're traveling out of the US, have you activated international service?
- If you're planning on driving, do you have access to a map if your GPS doesn't work?
- Do you know where the nearest hospital or police station is and how to contact them?

"Safety Tips for Traveling | RAINN." *Adult Survivors of Child Sexual Abuse* | RAINN, www.rainn.org/articles/safety-tips-traveling

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