



VACATION SAFETY



Before You Go

- **Have** an emergency contact at home who knows your itinerary and travel information.
- **Pack** a kit with daily medicines and first aid items.
- **Notify** your bank and credit card companies of your travel, and check for exchange rates.



International Travel

- **Research** your destination and for any travel and health advisories. Enroll in the **Smart Traveler Enrollment Program** to get information about health and safety in your destination country. (Visit [CDC](#) and [US Dept. of State](#) sites.)
- **Check** for necessary documentation.
- **Look** into your destination's health requirements.



During Your Trip

- **Keep** in mind laws may vary (i.e. prohibited items, local customs, fishing/hunting).
- **Choose** safe forms of transportation.
- **Select** food and drinks carefully.
- **Observe** best safety practices for potential hazards (sun, water, animals, bugs, etc.)
- **Travel** with others when possible.



Lodging Safety

- **Choose** lodging close to public services.
- **Locate** emergency exits. Familiarize yourself with the emergency route upon arrival.
- **Check** for carbon monoxide detectors, smoke alarms, and fire extinguishers.

