

# DIY Travel Safety Checklist

This guide is your personal travel safety system — a comprehensive, 100+ item checklist created to help you travel safely. Whether you're preparing for a weekend trip or an international journey, this DIY safety tool gives you the essential items and information to stay safe.

## Section 1: Pre-Trip Research & Planning

- Research local laws, customs, and travel advisories for your destination
- Register with your embassy (STEP program or equivalent)
- Identify high-crime or high-risk zones to avoid
- Note local emergency numbers (police, ambulance, fire)
- Locate nearest hospital or clinic near your lodging
- Review recent traveler forums for safety warnings
- Plan backup routes in case of disruption
- Understand local transportation methods and scams
- Download offline maps and emergency translation apps
- Verify passport and visa requirements well in advance
- Check weather patterns and seasonal risks (hurricanes, monsoon, snow)
- Print and save copies of all reservations (hotel, transport, tours)
- Share your itinerary with a trusted contact back home
- Verify entry requirements for medications (some are restricted abroad)
- Identify safe neighborhoods for accommodation
- Check local holidays or political events that may impact safety
- Locate your country's embassy or consulate on a map
- Arrange airport pickup through your hotel or trusted service
- Confirm travel insurance coverage, including evacuation
- Set financial alerts with your bank for foreign transactions

## Section 2: Safety Gear & Packing Essentials

- Emergency whistle
- Flashlight or headlamp
- Portable door lock or wedge
- RFID-blocking wallet or pouch
- Portable phone charger (power bank)
- Copies of passport, visa, ID (physical & digital)
- Basic medical supplies and medication
- Blood type, allergies, emergency contact list
- Local SIM card or international roaming plan
- Small amount of local currency + backup card
- Multi-tool or pocket knife (pack in checked luggage only)

- Compact first aid kit with bandages and antiseptic
- Hand sanitizer and disinfectant wipes
- Reusable water bottle with filter
- Travel insurance documents
- Small fire starter or waterproof matches
- Earplugs and sleep mask (safety during transit)
- Luggage locks (TSA-approved)
- Hidden money belt or neck pouch
- Satellite communicator or emergency beacon (for remote travel)

### **Section 3: Situational Awareness & Daily Safety**

- Avoid walking alone at night in unfamiliar areas
- Use official taxi apps or hotel-arranged transport
- Keep valuables spread out, not all in one bag
- Never leave drinks unattended
- Memorize your hotel address in local language
- Don't wear flashy jewelry or expensive brands
- Maintain physical space from aggressive sellers or strangers
- Set a check-in schedule with someone back home
- Learn 3–5 key safety phrases in the local language
- Trust your instincts — leave situations that feel off
- Sit near exits in public transport
- Keep hotel door locked at all times
- Use the room safe for passports and excess cash
- Identify two emergency exits in your hotel
- Avoid public Wi-Fi for sensitive transactions
- Keep a low profile in dress and behavior
- Rotate your daily routine to avoid predictability
- Limit alcohol consumption to stay alert
- Check rideshare license plate before entering vehicle
- Keep small bills handy to avoid flashing large sums

### **Section 4: Health & Medical Preparation**

- Schedule a pre-trip health checkup
- Obtain recommended vaccinations
- Carry prescription medications in original containers
- Pack extra days of essential medication
- Bring electrolyte packets for dehydration
- Learn how to use a tourniquet
- Identify nearby pharmacies at your destination
- Check if tap water is safe to drink

- Avoid uncooked foods in high-risk areas
- Have a plan for managing chronic conditions abroad

## Section 5: Digital Security & Money Safety

- Use a VPN on all public Wi-Fi connections
- Enable two-factor authentication on key accounts
- Set up travel alerts with your bank
- Carry two credit cards in separate locations
- Avoid ATMs in dark or isolated areas
- Use banking apps to freeze cards if stolen
- Back up your phone before traveling
- Use strong, unique passwords
- Turn off Bluetooth when not in use
- Carry cash in multiple hiding spots

## Section 6: Family & Group Travel

- Create child ID cards with name, parent contact, hotel info
- Set meeting points in case of separation
- Use a buddy system for group outings
- Teach kids to approach police or staff if lost
- Carry recent photos of children
- Agree on daily check-in times
- Use GPS trackers for kids or seniors
- Pack comfort items for children to reduce stress
- Designate one adult as primary navigator
- Keep emergency snacks and water for family travel

## Section 7: Crisis & Emergency Action

- Know local natural disaster risks (earthquake, tsunami, hurricane)
- Practice quick evacuation plans from hotel
- Save embassy phone number on speed dial
- Prepare a 'go bag' with essentials
- Keep a printed emergency contact list
- Learn local warning signals (sirens, alerts)
- Identify shelters or safe areas nearby
- Have a code word with family for emergencies
- Keep photocopies of IDs in separate bag
- Know how to contact local police quickly

## Section 8: Post-Trip Safety

- Check credit card and bank statements for fraud

- Change passwords used on public networks
- Monitor health for unusual symptoms
- Store travel documents securely
- Back up trip photos to safe storage
- Discard SIM cards securely
- Update emergency kits for next trip
- Leave honest safety reviews for future travelers
- Follow up on any lost/stolen report with authorities
- Reflect on lessons learned for improved safety next time

## Section 9: Bonus Emergency Contact Card

- Create a digital card saved to your phone
- Create a wallet-sized printed version to carry with you
- Include: Full Name, Citizenship, Blood Type, Allergies, Emergency Contact Name + Phone
- Include: Local emergency numbers
- Include: Medical Insurance Info (if applicable)

## Next Step

Need this checklist done *for* you? Upgrade to the DFY (Done-For-You) Checklist — it's personalized, pre-filled, and

Protect your peace of mind. Travel Safe, Travel Often.