Travel Safety Checklist

A travel safety checklist for staying safe while traveling, covering research, money safety, health, avoiding scams, and emergency contacts.

Research Before You Go

- [ ] Read official travel advisories for your destination
  Safety conditions can change, so check close to departure
- [ ] Learn about safe and risky areas
- [ ] Note local laws and customs to respect
- [ ] Check health and vaccine guidance
- [ ] Save the local emergency numbers

Money and Valuables

- [ ] Carry only the cash you need each day
- [ ] Split cash and cards across bags
- [ ] Use a money belt or hidden pouch
- [ ] Keep a backup card stored separately
- [ ] Use ATMs in secure, well-lit places
- [ ] Leave valuables you do not need at home

Health and Personal Safety

- [ ] Arrange travel insurance with medical cover
- [ ] Pack medicines and a small first-aid kit
- [ ] Follow safe food and water practices
- [ ] Stay aware of your surroundings
- [ ] Avoid walking alone in unfamiliar areas at night
- [ ] Keep someone informed of your daily plans

Avoiding Scams

- [ ] Research common scams at your destination
- [ ] Agree prices for taxis and services in advance
- [ ] Be cautious of unsolicited help or deals
- [ ] Protect your bag and pockets in crowds
- [ ] Use official transport and licensed operators

Emergency Preparedness

- [ ] Save embassy or consulate contact details
- [ ] Keep insurance and emergency numbers handy
- [ ] Store copies of documents offline and online
- [ ] Share your itinerary with a trusted contact
- [ ] Know how to reach local emergency services

- [ ] Have a plan if you lose your phone or wallet