

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