



Tips for Travelling Safely



General Safety Considerations

- Before departing, research the area(s) you will be travelling. Be aware of travel advisories. Ensure the appropriate travel health insurance is in place for both domestic and international travel. Understand the terms of your travel insurance coverage. Make copies of all documents consider emailing them to yourself for retrieval while travelling. Make copies of the front and back of credit cards and passports. Create an emergency contact list, including contact information for the Canadian embassy or consulate at your destination. Leave a copy of your itinerary and travel plans with family/friends at home.
- Leave valuables, such as jewellery, laptops and electronics, at home or secure items in your hotel safe. Avoid leaving electronics or charging devices out in the open. Use approved luggage locks to ensure airport security do not leave your luggage unlocked due to an inspection.
- Carry currency and documents strategically. Carry purses close to your body, backpacks to the front, and wallets in front pockets. Use RFID blocking sleeves for credit/bank cards and identification documents. Keep cash and credit cards separate from identification documents to eliminate the risk and stress of having these items stolen or lost together. Avoid carrying large amounts of cash - have a small amount readily available for small purchases, such as taxi rides or food. Let your credit card company and bank know you will be travelling out of province or country
- Stay alert, avoid being distracted. Be aware of your surroundings and those around you. Beggars or panhandlers may use various tactics to distract tourists in an attempt to relieve them of money or personal belongings. Purchase items from legitimate vendors. Donate to local charities versus handing out money. Be alert when using public transportation; know in advance where you are going; do not use unlicensed taxis. Many hotels have business cards with instructions to locate the hotel or popular tourist destinations in the local language and English.
- Blend in and avoid broadcasting the lack of local knowledge. Prior to departure, familiarize yourself with local customs and daily life. Respect local religion and customs. Appear purposeful when walking or driving. If lost ask for directions from individuals in authority or those who would be deemed a trusted source of information.

Additional Resources:

- www.travel.gc.ca
- www.getcybersafe.gc.ca

Cyber-Safety while Travelling

- Pre-departure: Back-up all data files to another device or to software such as Dropbox or a cloud storage program. Run system updates that are required and ensure your anti-virus software is up to date. Install a firewall to prevent unauthorized access of personal information. Password protect devices – some devices have an option that will erase all data if the password is entered incorrectly 10 times, enable this option to prevent access to personal information should your device be lost or stolen.
- Be aware of cyber-based threats while travelling. Wi-Fi access in public places, such as hotels, airports, and coffee shops, are networks accessible to everyone. Shared or public computers may contain malware used to steal personal information. Avoid transmitting personal information such as passwords and user ID/names over Wi-Fi and public networks. When using public computers always ensure you are transmitting information over a secure connection and clear the cache of personal information after you finish your session so other users are not able to retrieve your personal information. Disable Bluetooth connections while travelling and do not accept access to Bluetooth connections. Never connect unknown USB flash drives to your device. Avoid charging phones on devices not in your control, such as hotel docking stations.

Travelling with Children

- Ensure the child(ren) have appropriate documentation to travel, including passport, supporting identification, letters of consent (confirming permission to travel abroad when taking a trip alone or with one parent), other legal documents (i.e. divorce papers or custody court orders). Pack a travel health kit, containing medications to assist with travel related illnesses and minor injuries.
- Have an emergency plan in place for common travel troubles such as illness or getting separated. Young children may not remember where they are staying, ensure they know how to contact parents if they get lost: having identification bracelets or lanyards with the child's parents' cellular number(s) or making business cards with the child's parents names and contact numbers. Take a picture of your child dressed for the day, to easily show authorities or information attendants should you become separated. When at a tourist spot help your child identify adults who can assist should they become separated.
- When planning activities, have realistic expectations of the attention span of children along with their physical limitations. Allow additional time to get from point A to B. Pack child friendly activities and snacks to have available when waiting in line-ups or in transit. Pack a change of clothing in case of an accident. Engage and involve older children in planning activities for the day.