

AVOIDING TROUBLE IN A FOREIGN COUNTRY

- ✓ Beware of new acquaintances who probe you for personal information or attempt to get you involved in a possibly compromising situation.
- ✓ Avoid civil disturbances. If you come on a demonstration or rally you might be arrested or detained even though you are a bystander.
- ✓ Obey local laws. In many countries it is unlawful to speak derogatorily of the government and its leaders or take pictures of train stations, government buildings, military installations, and other public places.
- ✓ Avoid actions that are illegal, improper, or indiscreet. Don't do any of the following:
 - Accept offers of sexual companionship
 - Attempt to keep up with your hosts in social drinking
 - Engage in black market activities
 - Sell your possessions
 - Buy illegal drugs or pornography
 - Seek out political or religious dissidents
 - Accept packages or letters for delivery to another place
 - Gossip about character flaws, financial problems, emotional difficulties, or other problems of your fellow Americans or yourself

- ✓ Keep a low profile and shun publicity. Don't discuss personal or business information with the local media and be careful what you say to foreigners. They may have been directed to obtain information to hurt you or your business.
- ✓ Be aware of your surroundings and alert to the possibility of anyone following you. Report any surveillance to the nearest U.S. Embassy or Consulate.
- ✓ Avoid large chain hotels or ones near U.S. Embassies or Consulates, landmarks, religious centers, or places where demonstrations have occurred. Choose a small hotel in a quiet neighborhood.
- ✓ Consider the following in choosing a hotel and reserving a room.
 - ✓ Has its staff had security and emergency management training in the past year?
 - ✓ Does it have an emergency evacuation plan?
 - ✓ Are background checks done on all members of its staff?
 - ✓ Are there sprinklers in every room?
 - ✓ Is security on duty 24/7?
 - ✓ Does it have electronic key-card access? Do its elevators require key cards?
 - ✓ If rooms are directly over the lobby, reserve a room located between the third and seventh floors. They are within reach of most fire-department ladders.
- ✓ Do the following if you are trapped in your hotel by armed assailants:

- Double-lock your door and barricade it with heavy furniture.
- Stuff wet towels under the door if there is smoke.
- Keep quiet so you don't alert attackers to your presence.
- Stay away from windows, a blast outside can be lethal.
- ✓ Visit major attractions at less-busy hours.
- ✓ Avoid restaurants and clubs frequented by Americans.
- ✓ Other safety and security measures for business travel outside the U. S. are contained in a FBI brochure at www.fbi.gov/file-repository/business-travel-brochure.pdf/view.

SDPD DIVISIONS

For general information please contact your local police substation.

Central	(619) 744-9500
Eastern	(858) 495-7900
Mid-City	(619) 516-3000
Northeastern	(858) 538-8000
Northern	(858) 552-1700
Northwestern	(858) 523-7000
Southeastern	(619) 527-3500
Southern	(619) 424-0400
Western	(619) 692-4800

For more information, online visit: www.sandiego.gov/police/

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TRAVELING SAFELY



SAN DIEGO POLICE DEPARTMENT

This brochure contains tips for personal safety and security for people who are traveling away from home on streets and at other places, in a hotel or motel, and on a cruise. It also contains tips for preparing for a trip and avoiding trouble in a foreign country.

Additional information and details of these tips can be found in the home security paper on the SDPD website at www.sandiego.gov/sites/default/files/homesecurity.pdf, the personal safety and security paper at www.sandiego.gov/sites/default/files/personalsafetyandsecurity.pdf, and the travel safety and security paper at www.sandiego.gov/sites/default/files/travelsafetyandsecurity.pdf.

ON STREETS AND AT OTHER PLACES

- ✓ Travel with a friend or in a group when possible. There is safety in numbers.
- ✓ Avoid traveling alone, especially after dark.
- ✓ Stay sober. Don't let alcohol impair your judgment. Only drink beverages you have seen prepared.
- ✓ Plan your touring. Don't discuss your plans with strangers, especially if they are overly anxious to help you. Select guides carefully.
- ✓ Get good directions to avoid getting lost. If you can, make print a map of where you are going. If you get lost, find an open business to get directions.
- ✓ Stick to well-lighted main streets and public areas.
- ✓ If someone grabs you, make a scene: yell, kick, and try to get away. Don't fight for your purse or wallet.
- ✓ Shop with a friend. Don't buy things from street people who offer you a great deal.
- ✓ Only use authorized taxis. You could be overcharged, robbed, or kidnapped when using "gypsy" taxis. Before getting into one write down its number and the driver's name.
- ✓ If you are arrested for any reason, ask if you can notify the nearest U.S. Embassy or Consulate.

IN A HOTEL OR MOTEL

- ✓ If the desk clerk says your room number aloud when you check in, ask for a different room and have the number written on your keycard sleeve and discreetly handed to you.
- ✓ Avoid rooms with ground-floor windows or sliding-glass doors to pools or beach areas.
- ✓ If you feel uncomfortable walking to your room alone, ask the desk clerk to provide an escort.
- ✓ Keep your door locked when you are in your room. Use both the deadbolt lock and the security bar/chain.
- ✓ Keep your windows locked, and blinds and drapes closed for privacy.
- ✓ Be sure that doors to connecting rooms are locked.
- ✓ Safeguard your room key or card at all times.
- ✓ Use the peephole in the door to identify anyone requesting entry. Open the door only if you are certain it is safe to do so.
- ✓ Don't invite strangers into your room.
- ✓ If someone knocks on your door claiming to be a staff member, call the front desk to verify the claim before opening the door.
- ✓ If you receive a call about an emergency that requires you to

leave your room, hang up and call the front desk to verify it.

- ✓ Report any suspicious persons or activities to the front desk.
- ✓ Use valet parking if the garage is dimly lit or the neighborhood has a lot of crime.
- ✓ Ask your hotel concierge or desk clerk about dangerous areas and avoid them.
- ✓ When you go out tell the front desk when you expect to return and who to call if you're not back by then.

BEFORE GOING ON A TRIP

- ✓ Familiarize yourself with local laws and customs. Obey all local laws.
- ✓ Get a list of emergency contact numbers in the countries you'll visit at https://travel.state.gov/content/dam/students-abroad/pdfs/911_ABROAD.pdf.
- ✓ Enroll in the State Department's Smart Traveler Enrollment Program (STEP) at <http://travel.state.gov/content/passports/English/go/step.html> to automatically receive the most current information available about the countries you'll be visiting.
- ✓ Bring the phone number and address for the U.S. Embassy or Consulate in the countries you plan to visit.
- ✓ Plan your wardrobe so it won't offend the locals, or draw unwanted attention to yourself.

- ✓ Take any necessary medications with you in their original containers and keep them in your carry-on luggage during any flights. Verify that you have adequate medical insurance.

ON A CRUISE

- ✓ Be skeptical. Don't assume you can trust other passengers.
- ✓ Stay sober. Don't let alcohol impair your judgment. Only drink beverages you have seen prepared. Ask that bottled drinks be served unopened. Don't leave drinks unattended.
- ✓ Meet fellow passengers in public areas, not cabins.
- ✓ Use all locks on your cabin door. Never open it to a stranger.
- ✓ When you enter your cabin, check the bathroom and closet before closing the door.
- ✓ Don't socialize with the crew.
- ✓ Dress down. Leave expensive jewelry and watches at home.
- ✓ Lock all valuables in a safe and guard your key card as you would a credit card.
- ✓ Don't stand or sit on the ship's railing.
- ✓ Never go to any isolated areas of the ship alone, especially in the evening and early morning.
- ✓ Know where the members of your party are at all times. Report a missing person immediately.
- ✓ Attend the ship safety drills and learn its emergency procedures.