

# Safe Travel Tips



## Plan Ahead

Create an itinerary for your trip. Include activities, attractions, transportation, accommodation and food options with prices for your entire trip. Check out 'Trip Planner AI' for a free and easy way to create your itinerary.



## Learn the Culture

Be a respectful traveler by researching the culture and customs of the places you travel to. This will limit the risk of misunderstandings during your encounters. Learn 'How to Show Respect Towards Other Cultures'.



## Check In With Contacts

For your safety, keep your family and friends updated throughout your travels. Give them your itinerary before you leave so that they are aware of your plans.



## Be Alert

Be cautious with strangers wherever you are to avoid scams, fraud and theft. Make sure to assess the risks of unfamiliar situations and be careful which personal information you disclose to others. Read more on risk assessment and traveling tips here.



## Budget

A budget for traveling is a guide to making good spending choices. While creating your budget, keep in mind that the best travel budgets are flexible. Make sure to compare prices for various transportation, accommodation and activity choices to get the best deal.



# Sun Safety

## For Your Upcoming Travels

### Sunscreen

Use sunscreen that is 30 SPF or higher for best protection against the sun. Apply it every two hours (or more) when doing vigorous activity or swimming. Sunscreen does not completely block UV rays so be sure to use other methods to keep safe while in the sun. [Here](#) are recommended brands.

### First Aid for Sunburns

Sunburns can cause swollen, red and tender skin. If it is a severe burn, you may have blistering, headaches or nausea. [First Aid](#) includes taking pain killers, drinking fluids, avoiding further exposure to the sun and applying aloe or moisturizer.

### Seek Shade

Try to seek shade when you can. The sun's UV rays are the highest between 10am and 4pm. Be mindful of what the [UV Index](#) is at the time you are planning your activities.

### Protective Clothing

When you are out in the sun for an extended period of time, cover up. Wear long sleeve shirts, long pants, sunglasses and a wide brimmed hat. Here are more [Sun Safety Tips](#).