



Travel Safety

2019 CRITICAL DAYS OF SUMMER NEWSLETTER

WEEK 6: 1 JULY

**THE
AVERAGE
AMERICAN
TAKES 8
VACATION
DAYS PER
YEAR**

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Plan Your Trip

Vacations are a great way to relax, explore this great world, and recharge. Take some time to review these safety tips to give you peace of mind as you enjoy your time off.

Before you Leave Home

- Did you know that the State Department provides updated safety information for every country in the world? You can search the website and get trustworthy details about wherever you're visiting.
- Work with your unit's foreign travel POC. Many of the requirements for foreign travel are completed through an online process now.
- Review your health plan and understand what it covers. Make sure you bring any medicine you need. Consider carrying an extra credit card to use for medical expenses. Contact your doctor for required immunizations.

- Scan and make copies of your passport, credit cards, and important identification information. Email it to yourself and take a photo of it to save on your cell phone. That way you'll have access to all your details. Plus, if it's stolen, getting a replacement will be that much easier.
- Take only a little cash with you and leave your valuables at home.
- Only put your phone and email on your luggage tags.
- Have your mail held at the post office or ask a trusted person to pick it up for you.

- Set automatic timers to turn your lights and a tv on and off.
- Ask your neighbors to keep an eye on your house and even to park a car in front of your house.
- Double-check your safety and security settings on social media, and consider waiting to post about your adventures until you get back.
- Leave your itinerary with a trusted friend or family member back home, and try to check in with him or her every day. That way, if something happens, they can alert authorities on your behalf.



If You're Driving

Driving is often cheaper than flying when you're taking the whole family. And driving lets you to stop along the way to sightsee and visit parks and other interesting and beautiful venues. Here are some safety tips to keep in mind before heading out on the road.

- ◆ Have emergency water, food, paper maps, and other supplies you may need.

- ◆ Park your car in areas that are well lit and as close to your destination as possible.
- ◆ Always close all of the windows and lock the car doors. Never leave your wallet or purse in the car. If you have to leave other valuables, make sure they are out of view.
- ◆ If you are driving and become lost, don't stop on the side of the road to check the map. Drive to a brightly lit, public place first.

- ◆ Never leave your car unattended with the motor running.

A Texas college student was sightseeing near the Grand Canyon when she followed her GPS down a road that wasn't actually there. She ran out of gas and endured five days in the desert before being located. This story illustrates one of the most important travel safety tips: Always plan ahead.

When parking at a hotel, choose a spot close to the main entrance and in a lighted section.

Hotel Safety

Beaches become most popular in the summer months as people travel from all over to visit the warm sandy beaches of the West Coast.

- Take a quick look at the emergency escape routes. You'll be glad you did if an emergency arises in the middle of the night.
- Save emergency numbers. Remember, you can't call 911 everywhere. Know the nearest U.S. embassies or consulates and save those addresses and phone numbers as well.
- Confirm visitors with the hotel desk. Criminals have been known to pose as hotel workers in order to get inside rooms.
- Keep control of your bags at all times. Do not let a bellhop or concierge leave with them.
- Ask for a room on the 2nd to 4th floor. This gives you the most security while leaving you options in the case of an emergency.

- Check the locks on the windows (and balcony door, if applicable) as soon as you arrive, and notify the front desk if any are not functioning. It's a good idea to check these locks again each time you return to the room, as housekeeping may open them and forget to close them again. If your room connects to the one next to it, make sure that door is locked as well.
- Only take the cash you need for the day with you. Leave the rest, and all other valuables, locked in the hotel or motel safe. Never display large

amounts of cash when making a purchase.

- Ask for a street map and have the front desk clerk point out nearby hospitals, police, and fire departments. Orient yourself to landmarks around the hotel in case you get lost. Have a business card with the hotel's address. If in a different country, make sure it is in the local language.
- Have a plan if something does go wrong (i.e. meeting points if separated, where to go if you are evacuated, what to do in the case of an emergency).



Exploring Safely

Here are a few tips to help you stay safe when you're out exploring your chosen vacation spot.

- ◇ Avoid stray animals and other wildlife. Bring and use mosquito repellent.
- ◇ Drink bottled water and check the security seal. Don't drink anything with ice in it.
- ◇ Avoid eating fruit that has been peeled and condiments not served from a bottle or container. Roadside food stands are tempting but best left alone.
- ◇ Always wear shoes. Even in the shower.

- ◇ Don't carry a wallet or cell phone in your back pockets. Put what you need in your front pocket.
- ◇ Backpacks and purses can be easily snatched or picked. Carry styles with hidden zippers and cross-body straps.
- ◇ Avoid walking around absorbed by your cellphone. Be aware of your surroundings.
- ◇ If you are going out, ask at the front desk if there are any areas you should avoid.
- ◇ Appear confident, blend in, and don't make yourself an unnecessary target.
- ◇ Trust your instincts and play it safe.



Traveling With Children

Traveling with children can be a bit like taking a herd of wild goats on vacation. Factoring a child's needs into your travels involves a lot more than popping in a video and packing a snack.

- ◆ The greatest thing you can take – whether at the airport, sightseeing or getting from A to B – is extra time. Toddlers love to explore and don't care for the time pressures of travel, so you're more likely to all retain your cool if you factor the faffing, gawping, stalling, toilet stops and tantrums into your timeframe.
- ◆ It's good practice to wear noticeable clothing that is easy to spot in a crowd, such as bright colors and distinct patterns.
- ◆ Equip your kids with information cards. In the event that you and your kids get separated, these information cards could make all the difference. Include your important numbers, names, where you're staying, and anything else that's important.



- ◆ Practice with your kids what they should do in an emergency. You can advise them to seek the help of another parent with children, stay put until someone finds them, or meet you at a specific spot. Whatever plan you put in place, go through it with your children a few times so they remember exactly what to do when panic sets in.
- ◆ When you're traveling with kids, having a medical kit could come in handy. Depending on where you plan on trav-

eling, you might want to customize what you bring in the kit. Think of your location and the most likely ways your kids might get hurt, and pack ahead of time.

Purchase a GPS tracker/wearable for your children. There are several types available with varying features and costs. A small investment could provide you with the peace of mind to be able to fully enjoy your vacation time.

Sick on Vacation

Getting sick while traveling probably comes with the gig. Between last-minute stress before you leave, red-eye flights in an anything-but-sanitary environment, unfamiliar food, and sleep disrupted by jet lag, the rigors of travel are enough to make anyone more susceptible to sickness.

Before you leave, check your insurance coverage or purchase trip insurance with medical coverage. Most common travel maladies last about a day or two—or at least the worst of it lasts that long. If you stay hydrated, get a ton of rest, and wait it out for 18 to 36 hours, in most cases you can get fully back into the thick of your trip.



If you have a severe cold, you might consider quarantining yourself by paying for a separate hotel room for a night or so. With its room service, big beds, bath or shower with a bottomless hot water heater, Wi-Fi, and a huge television at the foot of

the bed, your hotel is as luxurious a hospital ward as you are ever going to find. Enjoy it to the fullest. Not only will you protect your companions from germs, but you'll also be less likely to disturb them with your coughing, tossing, or turning—and without sleep they'll be more vulnerable to contracting illnesses themselves. If one sick traveler is a source of misery for everyone on the trip, multiple sick travelers can shut things down completely. If you feel an illness coming on, take immediate action to protect your fellow travelers.

If you are really sick, you don't want to end up in a random doctor's office or foreign ER without knowing whether the staff is competent, without anyone knowing you are there, or with language or other communication barriers. If you are traveling within your home country, the best way to find care covered by your insurance is to call your insurance company or visit its website. You can also check sites like HealthGrades.com (U.S. only) for reviews of local doctors.

If you are overseas, the International Association for Medical Assistance to Travelers offer guidance and recommendations to travelers needing health care. Embassy and consulate officers can also recommend local health care providers, direct you to a hospital, notify family, assist with the transfer of funds, help arrange for transport, and more. Don't be wary of contacting your nearest embassy if things get dire; these folks are paid with your taxes and are there to assist.



Camp Pendleton Base Safety Center

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**Commanding General's
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760.763.2366/5328
Cpen_safety_help@usmc.mil

Our Mission

The Marine Corps Base, Camp Pendleton Safety Center's mission is to promote the combat readiness of operating forces by providing safety support services. Our goals are to train all Marine Corps Base commands and organizations in occupational safety and health; mishap reduction and Federal Employees' Compensation Act costs through an aggressive safety program, and to exceed the reduction goals set by the Secretary of Defense, and Headquarters Marine Corps Safety Division. Our customers are Base personnel, the operating forces, extended Marine Families, tenant commands, and occasional Reserve components.

SAFETY = FORCE PRESERVATION

High-Risk Activities

Whatever your plans for the summer are, many will take the opportunity to try new things on vacation.

Some of you may be planning exciting trips including bungee jumping, skydiving, scuba diving, white water rafting, or other high-risk activities. Before you embark on a new adventure, make sure you have done your homework. Talk to your command about your

plans and find out if there are any prohibitions or specific requirements. Check out the company you'll be dealing with. Are they reputable and established or fly-by-night? Do they have thorough safety requirements and training requirements? Are the guides and trainers experienced and engaged or do they look and act like high school kids trying to earn a few bucks during the summer? Carefully inspect the equipment you will be using. Is it in good working order and free of any damage?

Considering that some of these activities have the potential to cause death or serious injury if something goes wrong; you'll want to spend some time ensuring everything is done correctly. Engaging in high-risk activities should never be an impulsive decision, done on a dare, or after drinking.



Check us out on Facebook
www.facebook.com/Cpenbasesafety

Or on the web

www.pendleton.marines.mil/Staff-Agencies/Safety-Center/

⇒ **Naval Safety Center**

<http://www.public.navy.mil/NAVSAFECEN>

⇒ **Red Cross**

www.redcross.org

⇒ **State Department**

www.travel.state.gov

