

Travel Safety Habits Card

A quick reference you can follow, even when tired.

Print this as one page. Reduce avoidable risk without living in fear.

60-second reset

- Breathe. Slow down your movements.
- Scan exits and crowd flow.
- Phone away unless you need it.
- Confirm: wallet, keys, room card, meds.

Quick habits

Before you go out	In transit
<ul style="list-style-type: none">• Tell someone where you're going (or leave a note).• Carry only what you need today.• Know your 'get home' plan: route + backup.	<ul style="list-style-type: none">• Keep essentials on your body, not overhead.• Avoid deep dozing with valuables accessible.• If unsure: step aside and re-check calmly.
At your accommodation	Money + phone
<ul style="list-style-type: none">• Door + window check on arrival.• Know the exits/stairs.• Keep a 'grab-and-go' pouch (ID, cash, meds).	<ul style="list-style-type: none">• Split cash/cards: 2 places, not 1 wallet.• Use a passcode, not just face unlock.• Back up docs/photos; keep an offline copy.

If something feels off

- Trust the signal. Leave the area - no explanation owed.
- Move to light, people, and cameras.
- Ask for help directly: "You in the blue shirt - can you help me?"
- If followed: enter a shop/hotel; don't lead them to your room.

Emergency mini-script (3 lines)

- Lost phone → Disable SIM/eSIM + Find My → change key passwords + notify bank
- Lost wallet → Freeze cards immediately → use backup cash/ID; file report if needed
- Medical emergency → Call local emergency number → contact insurer assistance + emergency contact

Optional power move: Save your accommodation address in the local language as a screenshot for taxi drivers or when you're tired.