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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Safety Tips For Travelers

By TravelMake

BASIC SAFETY RULES Research the country of your destination, get as much information as

possible about the places you intend to visit. Get yourself familiar with local customs and regulations. Travelmake's Destination Guides is a good place to start. Our online Travel Store offers a range of safety items for travelers. Here you can also purchase detailed maps, informative guidebooks, first aid kits and other items necessary for making your trip safe.

– Obtain travel insurance, preferably with the plan that provides direct, immediate payment to the medical provider. – Before you leave, photocopy your documents and tickets so it would be easier to replace them if they are lost or stolen. – Keep a low profile. Try to blend in with the locals as best you can. Leave expensive jewelry and precious valuables at home. – Do not discuss your travel plans publicly. – Stay alert, especially in high-risk countries. – Do not expose your valuables (money, documents, jewelry, etc.), keep them locked in the hotel safe. – Carry only small amounts of cash. – Wear a concealed money belt, keep your essential documents and money in it. – Each time you use your credit card, keep an eye on it until it is returned to you. Check credit cards when they are returned. – Never leave your personal items unattended. – Respect local customs and regulations. – If you get into trouble, contact the nearest embassy. – If you are unfamiliar with the local language, write down some key phrases in the local language. – In case of theft, get a police report immediately if you'll be making an insurance claim. Thefts of traveler's checks must be reported within 24 hours.

AIR TRAVEL SAFETY TIPS Check in as fast as you can and do not delay in the main terminal area. Do not discuss your travel plans with fellow passengers, crew, or even traveling companions. Get yourself familiar with exits and safe areas. Try to stay away from unattended baggage. Verify baggage claim checks before and after flight. Never leave your luggage unattended. Stay calm and alert. Try to occupy a window seat in the coach section. This position is less accessible by hijackers.

HOTEL SAFETY TIPS Get a card with the hotel's name and address. You can show it to a cab driver if you get lost. Stay in hotels on well-traveled streets in safer areas of the city of your destination.

Lower level floors are safer in case of fire. Although, avoid the first floor as it is the best location for burglars.

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Get yourself familiar with the location of stairways, fire escapes routes, emergency exits and alarms.

Keep your hotel room door locked at all times. Before opening the door to a stranger, verify who it is. Never invite strangers into your hotel room.

Never leave your valuables (a camera, documents, jewelry, etc.) lying around where hotel employees can see them.

Before leaving your room for the day, put the "Do not disturb" sign on your door to give the impression that the room is occupied. When you are ready for the room to be cleaned, call the maid. Use the hotel safe to store valuables.

Carry the room key with you, do not leave it at front desk.

Do not use your name when answering the phone.

When returning to your hotel at night, use the main entrance. Be observant before entering parking lots.

HOTEL FIRE SAFETY TIPS If a fire starts take your key before leaving the room, as most hotel doors lock automatically. Do not use elevators during a fire. If you encounter heavy smoke in the stairwell, do not try to run through it, you may not make it. Turn around and walk up to the roof fire exit. If all exits are blocked or if there is heavy smoke in the hallway, you will be better off staying in your room. If there is smoke in your room, open a window and turn on the bathroom vent. If your phone works, call the desk to tell them where you are, or call the fire department to report your location in the building. Hang a bed sheet out the window as a signal. Fill the bathtub with water to use for fire fighting. Bail water onto your door or any hot walls. Stuff wet towels into cracks under and around doors where smoke can enter. Place a wet towel over your mouth and nose to help filter out smoke. If you are above the second floor, you will be better off fighting the fire in your room than jumping.

STREET SAFETY TIPS Buy a map, familiarize yourself with the city and location of your hotel. With the help of hotel employees locate unsafe areas of the city and avoid visiting them by any means.

Do not stay out on the streets late at night. When walking, remain on wide, well-lit streets. If necessary, arrange for taxi service. Watch your drinks being poured. Never accept a drink from a stranger. Get advice from your hotel workers about reputable restaurants and other entertainment. Never resist armed robbery, it could lead to violence.

We wish you a successful and safe trip!

You can find full text of this article and many others on our informative web site. Visit us at

<http://www.travelmake.com>

for more tips, online reservation forms and useful links.

Travel Safety Tips: Things To Consider When Traveling

By Ketut Sukarya

Traveling is, indeed, one of the most indulging activities one could ever experience. People get to discover the most exciting beaches, the undiscovered taverns, and the virgin forests.

However, along with all of these great places are the risks of getting into trouble, especially if the person is not yet familiar of the new surroundings and environment.

Here's a list of some safety tips that one can use when on travel.

1. Do the homework.

Like any kind of decisions people have to make, it is always important to know the area they will be visiting so as to familiarize themselves with the laws, locations of best tourist spots, and the kind of people they have to deal with.

Going to a place without having the slightest idea what it is all about is just as bad as going to the wilderness with beasts lurking everywhere and there's no gadget to protect them.

2. Never travel alone.

Of course, there are times when people just want to be alone and unwind so as to shed off all of the hustle and bustle of urban living.

However, with the imminent danger lurking everywhere, it is better to travel with someone than to risk their lives traveling alone.

After all, people will never know what will happen next as soon as they arrive at their destinations, especially when it is their first time on the area.

3. Planning.

When traveling, it is extremely important to plan ahead. This will give the traveler enough time to decide on which things need to be on top priority and which should be considered at a later time.

Besides, when a person has enough time to plan things ahead, he or she will be able to think on things that will protect them when they are on travel already.

4. Always be prepared for emergencies.

It does not necessarily mean that people must be pessimistic on the way they plan their travels. It's just that they have to consider any possible emergencies and be prepared for it.

As they say, an ounce of prevention is always better than a pound of cure.

Safety Tips For Travelers

5. Be aware of hotel accommodations.

It is best to choose hotels that are equipped with the best innovative safety equipment. This is to ensure that travelers will be safe once they are alone in their room.

So, whether a person is traveling for the first time or for the nth time, it is still best to keep in mind safety traveling tips such as these one so that the experience will always be a gratifying one.

Ketut Sukarya is the owner of Bali Suci Tours. For more information about Bali travel, please visit

<http://www.balisuci.com>

and

<http://www.balileisure.com>



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