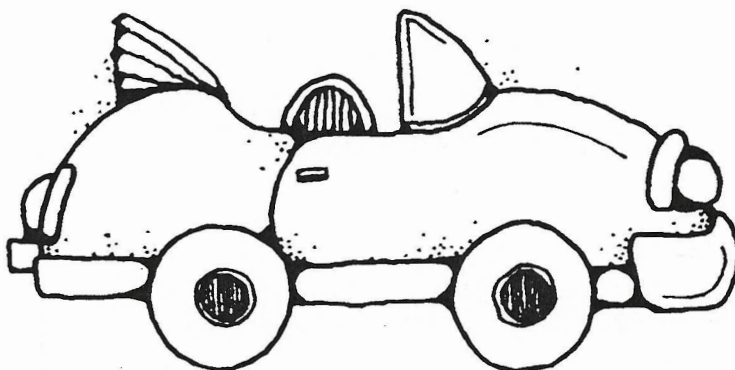


READY, SET, GO



Oregon FCE

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Ready, Set, Go!!

Travel and Safety

Purpose: To know you have done everything possible so you can leave on your trip with confidence.

If you knew that in 1998 alone, 741 international terrorist attacks were carried out and between 1993 and 1996 around 1,660 Americans were harmed by terrorist, some killed, and there has been an increase from 951 kidnappings between 1968 and 1992 to over 20,000 since 1990, in Latin America alone there were 6,500 kidnappings in 1995, would you say, "I'm staying home!" These facts are not to scare you into staying home but to encourage you to prepare before leaving home.

Since the very word "travel" comes from the word "travail" we may think that problems are inevitable, but with advanced planning, most can be avoided.

People have been traveling for business and pleasure for thousands of years. The methods have been; on foot, donkeys, litters, camels, elephants, carts, buggies, wagons, stage coaches, ships, trains, planes and automobiles.

Most of these choices are still available to us today, (depending on where your travels take you,) and the method of travel will determine a lot of the preparations we make. Lets look at some of the methods and how much we might want to carry.

On foot: All we would want is a backpack. 35 pounds would be the top amount you would want to carry unless your a male in very good condition.

Donkey: Yes we could be using this method in some back countries. You probably wouldn't want but little more than in your backpack unless there is an extra donkey for just packing luggage.

Litters: I am not sure these are used anywhere today but if they were, there wouldn't be room for a lot.

Camels and elephants: Yes these are used still. You could have a little larger bag but space is still limited.

Carts, buggies, wagons and stage coaches are not used as in the last century but in some countries they may still be available. If we watch some old western

movies, we see the women with huge trunks and carpet bags so you could have quite an extensive wardrobe. Here in Oregon in the last few years, there has been reenactment of the journey over the Oregon Trail using wagons. I have not talked to anyone who made these trips to see how they packed. If you get a chance, go to the museum at the End of the Oregon Trail and they will show you what could be taken 150 years ago.

Ships: Cruises are a very popular mode of travel and on the nicer ones, they encourage elegant evening wear so plan on several large pieces of luggage.

Trains: This is a relaxing method of travel but most of them, you have to handle your own luggage so take no more than you can comfortably deal with.

Planes: Some of these are restricted to no more than two carry-ons and two checked through. Some overseas flights limit you to no more than 75 pounds. Make sure you know the restrictions before packing. Again, who is transporting your luggage before and after the flight?

Automobiles: You can take as much as the car will hold but remember who is responsible for getting it in and out at your destination.

General preparations:

Your health will determine both the length of your travel and the method you choose.

Make sure you have a thorough medical and dental check up before you go so that if there are any problems, they can be taken care of before you leave. Unless you are in very poor health don't let it be the cause for not traveling. (I have a brother-in-law who has been in a wheelchair for over forty years and he takes a three week trip to Poland almost every year.) If you have a chronic condition, make sure someone knows about it and what to do if you have a problem. If you are traveling by air, they are very helpful in providing wheelchairs if you ask in advance, even if you are not an invalid. If you know you move slow and the distance in terminals are long, don't hesitate to ask for one, then they are responsible to get you to your connecting flight on time!

Your destination and method of travel will determine the luggage you take and how much.

How many stops you make and if you will be handling all your own baggage will cause you to think twice about the quantity you take. We are all inclined to take more than we need. Some tour planner will tell you to

pack--then take half of it out and leave it home. It is advisable, if at all possible to take just a carry-on . Some people, when going abroad, take only a back-pack. If you are older, or have back or leg problems, this may not be an option.

Remember, your luggage may be a give -away that you are a tourist which could make you a target for problems especially if you use wheeled luggage.

The next consideration is medications. Make sure you have enough of your regular medications plus a copy of your prescriptions. When you are going overseas, prescriptions must be in their original container. Always carry your medication in your carry-on bag. Also put luggage tags on any small bag inside that has your medication in it. If you have a traveling companion, give them a copy of all your prescriptions and you carry copies of theirs. A small first aid kit should be carried. These can be bought or prepare your own. Some things to make sure are in it are: your usual over the counter pain-reliever, anti diarrhea medication, antibiotics and alcohol swabs for general infections, antihistamines, single edge razor (good luck in finding these!) tape, mole skin and water purification tablets. Other things for your safety kit: small flashlight, Swiss army knife, 50 feet of strong cord, waterproof matches, candle and sewing kit with safety pins. Also make room for some snacks in your baggage.

Go over your itinerary

Make sure you know when you are leaving, how long you are staying at each place and when you will return. An itinerary is necessary but don't schedule so tightly that there is no time for a spontaneous side trip now and then or just time to relax.

Know the area you are going to visit: Learn everything you can about it. If you are going to be in a five star hotel in Europe or a resort in Tahiti, your preparation would be different than if you are going through the Kashmir region between India and Pakistan or Colombia. At your destination how do they feel about outsiders? Is their government stable? (And never discuss the government with the locals. It isn't your business..) What is the history of the country? What is the greatest threat to travelers. Make sure your information is up-to-date. In some countries the situations change so fast that if you have been there once, the next time governments may be entirely different. Keep your information up- to -date and don't let your guard down.

There are several places to check on an area and "On-line" is probably the most up-to-date. There are newspapers from all over the world posted and if you know any of the local language, read these.

The Central Intelligence Agency's World Fact book is a good place for

information research.

The US State Department Consular Travel Warnings have helpful information on threats to travelers.

Also the US Embassy

One thing to be aware of is that if the US has a good relationship with a country, they are less likely to post warnings to travelers. So a good source is to check with travelers who have recently been there.

Have a safe way to carry your valuables.

Handout # 2--

There are several methods of carrying these without having them in a purse as a purse is easily snatched. Many people have had this happen to them traveling abroad (and even in home towns). Some of these methods are money belts that can be worn around the waist. Remember, thieves have heard of money belts too. A pocket that can be tied around the waist and put under your pants or skirt. A travel vest, shirt or jacket. There are several of these on the market and also patterns designed to make your own. Or make a travelers camisole. (directions included.) Any of these can be used to keep valuables out of sight. Go to a luggage store, the luggage department of your local department store or the store at AAA. There are travel catalogues such as LLBean. See what is available and what suits your needs. Ask people that travel what they prefer. You might want to carry a "dummy" wallet. Put \$20.00 in it and if you are robbed, hand this over. This can also be used to keep handy with \$1.00 bills to pay tips so you don't have to get into your money belt for these.

Some valuables are best left at home.

People who prey on tourist know valuable jewelry so don't take your diamonds and emeralds. Find a safe place at home to leave them. Even watches are an eye catcher for thieves. Someone suggested to wear it on your right wrist to foil would be snatchers.

You can be marked as a tourist target by the clothes you wear. Some things to leave home are the designer clothes. Also things with sports logos. It is not wise to go shopping for a new wardrobe to take traveling with you. First check out what you already have. Dress for comfort and conservative--not style. Loose fitting separates are more versatile and easier to get to your valuables underneath.

If you feel the need to add to your wardrobe, It is advisable to wait until you are at your destination and buy what the locals are wearing. Nothing shouts tourist more than the flamboyant clothing we in the west wear for recreation.

Be Aware of Your Surroundings

(Lets Do An Experiment; Pretend you have just stepped off the tour bus in the place you have always dreamed of visiting. What do you see? The landscape, architect, modes of transportation, vegetation, people. How are they dressed? Remember as much as possible. Now --describe my shoes.)

Learn to really see what and who is around you. Enjoy the scenery but be aware of what others are doing around you. Remember what your mother taught you about "not talking to strangers" and "don't get in to cars with strangers." If a local (especially a taxi driver) warns you to stay away from a place, heed that warning. If someone seems to be loitering, take notice. If you are attacked and the attacker makes off with your purse or other valuables, first let it go. It is less important than your life. Second, see what kind of shoes they are wearing. They can easily shed a coat or shirt or perhaps a wig but it is more difficult to change shoes..

About Your Own Shoes

This is definitely one place you do not want to buy new shoes. You will probably be walking a lot more than you are used to doing and need as much comfort as possible. Make sure you can run in them if necessary. If you feel you must have a new pair, buy them and walk at least fifteen miles to see how comfortable they are. Since shoes are heavy, you will not want to take but one no more than two pairs plus the ones you are wearing. And unless you are going to a fancy ball, leave your heels at home.

Emergencies Abroad

You have done everything to make this a safe and happy trip but sometimes things happen that are unavoidable such as sickness and sometimes losing money and passports. So there are some phone numbers to make sure you have along with you. Carry a copy on your person and another in your luggage. Have the numbers of your health insurance provider, home physician, credit card company, the American Embassy of all the countries you are visiting and the 24 hour number of your countries nearest diplomatic mission. It also helps to know where the embassies of other countries that are friendly to the U.S. are and their numbers. (These numbers can be obtained from the government before you leave home.) Also make a copy of your passport to keep in a separate place from your original It will make getting a replacement easier if yours is stolen or misplaced.

Carry a business or post card from your hotel. This helps people help you find your way back if you get lost.

Always check out your hotel room before you settle in to make sure no one is hiding behind doors, shower curtains, etc. When checking in, don't say your name loud enough that people around can hear.

For a very good list of do's and don't's, go on-line to <http://www.travelsaftytips.com/gensafety.html>.

Traveling by Plane

Mark your luggage for easy identification It has been suggested to add a ribbon. This is a great idea, but so many people have started doing this, that most suitcases have ribbons on them. You may want to come up with something different. (I made braids of my ribbons to make them look different.) Put your home address and the address of your destination on the inside of your suitcase as well as your name on the outside.

Never leave your luggage unattended. Even if there is a sweet looking lady who is waiting in the same area, don't ask her to watch your bags. We never know if they will leave with it or slip something unwanted in it so be cautious. Take it to the rest room with you.

Where to sit on the plane?

You may ask a dozen people and they all have their opinions. Most things I have read do agree that the back of the plane is safer than the front. Window seat or isle? If you like the window seat, that is fine unless the plane catches on fire. The engines being on the outside will heat up the outside and cause the windows to crack and the heat gets to the window seats first. So you say, I'll take the isle seat. If terrorist take over the plane, the people in the front of the plane and in the isle seats usually take the most punishment. So take your choice!!! Most do suggest if you are in a plane that might be proned to terrorist attacks, you would be wise to take the window seat a row or two behind an exit. But if you don't like to disturb others on the way to the restroom, choose the isle.

Going by car:

1. You can be a little more lenient with your packing, but remember, you may be handling all the luggage yourself.
2. Make sure your car is in good condition, recent oil change, etc. But don't leave if you have had a recent major repair. Drive around home a few

days first to make sure the problem was really fixed

3. Carry a "Send Help" or "Call Police" poster in your car to be put in the window if you do break down. One thing learned from college girls traveling alone is put a bag or pillow on the passenger seat, seat belt it there and put a baseball cap on top. (When driving at freeway speeds, no one knows but what you have a passenger.) Cell phones are a comfort to have when traveling alone.

4. Do not stop at rest stops unless there are lots of people around. It is better to stop at a fast food place to use the rest rooms even if you feel you must buy a snack afterwards. When taking a break, make sure everyone goes to the restroom-- Remember what your mother always told you--"Try."

5. Carry flares in the front of the car so if you need them, you don't have to rummage through the trunk to find them.

6. Carry a painters drop cloth so if you have to unload the trunk to fix a flat and it is wet, you can set the contents on it so they won't get soiled.

7. Carry a sisal floormat. This can be used for traction if you are caught out in snow or ice. Put it under the wheel and go.

Pace Yourself

No matter where you are going or the method of transportation, don't over tire yourself. That is when accidents happen and your guards are down. So make sure you have plenty of time to rest and get enough sleep. And one more thing to remember is; if you don't feel right about a situation and feel you should leave, you are probably right.

References:

The Packing Book (Secrets of the Carry-on Traveler) by Judith Gilford

A Foxy Old Woman's Guide to Traveling Alone Around Town & Around The World by Jay Ben-Lesser

The Safe Travel Book by Peter Savage

Simplify Family Travel by Christina Loomis

The Inter net: The main one used was Travel Safe

Some Just for reading:

The Penny Pincher's Passport to Luxury Travel by Joel Widzer

Hot Spots--Travel in Harm's Way by Robert Young Pelton

Emergency Kit

handout 3

1. candle
2. whistle
3. thread and needle
4. book of matches or waterproof matches
5. tape
6. alcohol swab
7. baking soda
8. sugar cubes
9. safety pins
10. shoe string
11. soap (fels naphtha)
12. quarter (or what will make a phone call)
13. band aids
14. stick of gum
15. over the counter pain reliever
16. anti- diarrhea medication
17. antibiotics
18. antihistamines
19. single edge razor (good luck in finding these)
20. mole skin
21. water purification tablets
22. small flashlight
23. Swiss army knife
24. your prescriptions

Ready, Set, Go!!

Handout #1

What to take

Name at least five things that you would take whenever you travel

- 1.
- 2.
- 3.
- 4.
- 5.

Name five things you would not take

- 1.
- 2.
- 3.
- 4.
- 5.

Where is the safest place on the plane?

_____ front _____back

_____ window seat _____isle seat

Ready, Set, Go!!

Handout #2 --- Where To Store Your Valuables

There are many ways to keep your passport, money, travelers checks and airline ticket out of sight but handy. Here are just a few.

Valuables Camisole:

Take a slip, dress, teddy or make a new one. Cut so it is 5 inches below waist when on. Hew the bottom edge 1/2 inch--to outside.

Turn the hem up to form a 5, 1/2 inch pocket. This will go completely around the camisole. In front, mark two pockets 8 inches wide. In the center back, mark a 10 inch wide pocket. There will be a pocket on each side. Close pockets with either zippers or Velcro Reinforce pockets at top. Check to make sure your valuables fit in pockets.

This should come about an inch above your waist and fits well under loose fitting tops.

Other garments to consider:

International Vest -- pattern # 198 by Stretch and Sew

Seven Pocket Travel Shirt --June 2000, Sew News

There are several Independent pattern companies that have travel Jackets. One is "~~Two~~ for the Road" Save-T Pockets 9800

two

Your travel stores and specialty catalogues also have ready makes and individual pockets to wear under your clothes.