



PERSONAL TIPS FOR OVERSEAS TRAVEL

Traveling overseas offers incredible opportunities, but it also requires heightened awareness and preparation. Taking a proactive approach to your personal safety, both before departure and while in-country, can significantly reduce risk and help you stay in control of unfamiliar environments.

Whether you're traveling for duty or leisure, staying informed, thinking ahead, and maintaining awareness of your surroundings are key to ensuring a safe and successful trip.



BEFORE YOU GO

- Complete mandatory antiterrorism level 1 training
- Do not post on Social media regarding departure or details.
- Disable geotagging and location
- Enroll in STEP -
 - <https://mytravel.state.gov/s/step>
- Search travel advisories
 - <https://travel.state.gov/en/international-travel/travel-advisories.html>
- Contact ATO for country-specific threat brief
- Create a family plan with rally points and communication methods
- Keep a digital copy of travel documents
- Know Embassy location and local police as well as location-specific emergency phone numbers



WHILE YOU'RE THERE

- Maintain a low profile
- Dress to blend in, avoid military - branded clothing
- Be unpredictable - Vary routes and times
- Use buddy system - do not be alone, travel with friends or in groups
 - If alone, share a detailed itinerary with a trusted contact
- Trust your instincts - if something feels off, leave the area
- Know the FPCON level and follow all protocols
- Be aware of the surroundings inside & outside of the hotel
- Practice situational awareness
- Connect to a VPN if using a public WIFI network
- Use a charging block rather than a USB port



IN A CRISIS

- Active shooter - Run, hide, fight
- Suspicious items - move away from them and contact local police
- Contact local police and the US Embassy



For More Information, Contact
UTNG Provost Marshall's Office



801-432-4939