

Travel Wise Checklist

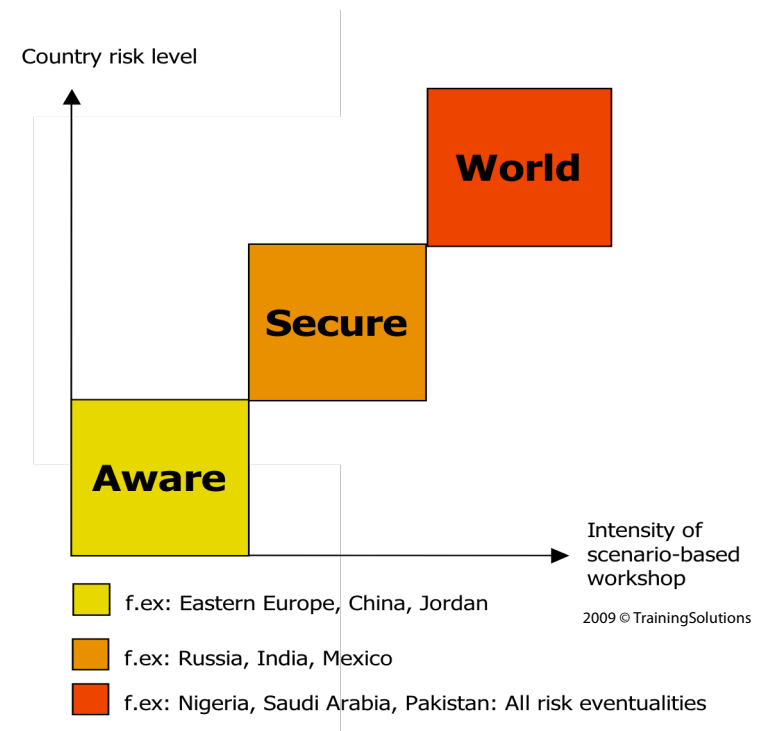
TrainingSolutions offers specialized services in global travel security and crisis management. TrainingSolutions provides customized personal security courses, consultations and coaching for individuals and companies who work in the global market. Our **Travel Wise** services are for international travelers who want to feel and be safer.

Our personal security services are available on three levels: You can choose the right level that prepares you for your travel realities.

- **Aware Traveler** is for occasional and frequent travelers – whether you are a tourist, adventurer or business person. The level of risk is low or moderate for countries like Eastern Europe, China, Jordan.
- **Secure Traveler** is for travelers who live or work in risky countries. There are greater risks in the whole country, in particular locations, or certain activities/work - examples include Russia, India and Mexico.
- **World Traveler** is for travelers who need to be prepared for all eventualities, including terrorism, kidnapping

The **Travel Wise Checklist** below follows the same three levels. The left-most column is general preparation for all travelers. The two columns on the right are extra considerations for 'Secure' and 'World' travelers. The items in the left columns also apply to travelers in the right columns.

For all your travels, TrainingSolutions hope this is a useful resource, helping you to travel wise.



Travel Wise Checklist "BEFORE YOU GO"

Consider		
All Travelers	'Secure Travelers' extra considerations	'World Travelers' extra considerations
<input type="checkbox"/> General situation at destinations before & during trip	<input type="checkbox"/> Potential 'hot' issues & dates fx historical anniversaries, elections, food insecurity <input type="checkbox"/> Access to situational briefings/ country updates <input type="checkbox"/> Maintain a general awareness of dynamics of local situation	<input type="checkbox"/> Global & regional politics <input type="checkbox"/> Review briefings & updates prior to & through out your trip <input type="checkbox"/> Your efforts & time spent on understanding likely threats & your vulnerabilities to these should be appropriate to the context & your activities
<input type="checkbox"/> Potential local views of you & your country	<input type="checkbox"/> Views of your company/ organization	<input type="checkbox"/>
<input type="checkbox"/> Culture & learning phases in the local language	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Check insurance coverage for destinations	<input type="checkbox"/> Obtain written confirmation that your destination & activities are covered <input type="checkbox"/> Check coverage for transit countries	<input type="checkbox"/> Check coverage for neighboring countries with better medical facilities <input type="checkbox"/> Have additional insurance if necessary
<input type="checkbox"/> Protect information in electronic equipment fx laptop, pda, mobile	<input type="checkbox"/> Have layers of security measures appropriate to threats fx industrial espionage, identity theft	<input type="checkbox"/>
<input type="checkbox"/> Hotel, activities & transportation options & your security	<input type="checkbox"/> If appropriate for the local context, avoid unnecessarily being in the vicinity of potential targets fx embassies, certain markets <input type="checkbox"/> Be alert when in these locations	<input type="checkbox"/>
<input type="checkbox"/> Especially consider the safety & security of all your transportation options fx airline safety, safe transportation on arrival especially at night	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Aware of official restrictions fx some airports prohibit batteries in carry-on luggage	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Pack for a low profile, blending in	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Protect your home while you are away	<input type="checkbox"/> Limit the number of people who need to know you are away from your home & whom you give keys to	<input type="checkbox"/>

<input type="checkbox"/> Considerations & appropriate measures that will make your trip more secure & enjoyable?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bring with you		
All Travelers	'Secure Travelers' extra considerations	'World Travelers' extra considerations
<input type="checkbox"/> Valid passport & extra copies	<input type="checkbox"/> Some countries require validity <u>up to</u> three months after the date of the <i>return</i> ticket	<input type="checkbox"/>
<input type="checkbox"/> Extra passport photos	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Visa	<input type="checkbox"/> Official documents fx work permit	<input type="checkbox"/>
<input type="checkbox"/> Travel plan (see www.trainingsolutions.dk for examples in pdf & Word)	<input type="checkbox"/> Leave copies with at least 2 responsible persons <input type="checkbox"/> Agree on a regular contact plan	<input type="checkbox"/> Prepare & train in emergency plans with appropriate persons
<input type="checkbox"/> Medical	<input type="checkbox"/> Obtain written confirmation that your destination & activities are covered	<input type="checkbox"/> Have additional insurance
<input type="checkbox"/> Insurance & emergency contact numbers	<input type="checkbox"/> Require medi-evac	<input type="checkbox"/>
<input type="checkbox"/> Necessary records fx vaccinations	<input type="checkbox"/> Some countries require that you carry these documents at all times	<input type="checkbox"/>
<input type="checkbox"/> Carry copies of current prescriptions	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Copy of key assets in your wallet/ purse as physical copy or e-copy fx emailing it to yourself	<input type="checkbox"/> Means to quickly identify your assets fx the serial number of your laptop	<input type="checkbox"/>
<input type="checkbox"/> Communications - Contact numbers	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> In country of residence	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Abroad fx airport transport, embassy, travel agent, hotel, key persons at company	<input type="checkbox"/> Local contacts fx local police, hospital <input type="checkbox"/> Including an emergency number in operation 24 hours, daily	<input type="checkbox"/> Also carry the contact details of backup communications for key persons/ institutions
<input type="checkbox"/> In addition to any info in your mobile, carry copies of your contact list in two separate places	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Communications - Means	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Local availability	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Backup communication	<input type="checkbox"/> Satellite phone	<input type="checkbox"/>

Bring with you (continued)		
All Travelers	'Secure Travelers' extra considerations	'World Travelers' extra considerations
<input type="checkbox"/> Review & carry maps	<input type="checkbox"/>	<input type="checkbox"/> <i>Do not</i> carry sensitive maps, unless accompanied by an official letter
<input type="checkbox"/> Appropriate straps, locks & cables for luggage including for laptop (travel security equipment can be found on www.trainingsolutions.dk)	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Gather equipment fx flashlight, whistle, doorstop	<input type="checkbox"/> Consider bringing extra equipment fx gps	<input type="checkbox"/>
<input type="checkbox"/> Consider bringing extra equipment fx travel smoke detector, door alarm	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Pack only as much luggage that you can maintain control of your belongings → Carry a fold-down bag in your luggage if you might bring more things back	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Items to bring with you that will make your trip more secure & enjoyable?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
On travel days		
All Travelers	'Secure Travelers' extra considerations	'World Travelers' extra considerations
<input type="checkbox"/> Carry an extra set of clothes & essentials fx next few dosages of prescription medications	<input type="checkbox"/>	<input type="checkbox"/> In countries with risks of kidnapping, police detention etc carry these items throughout your trip
<input type="checkbox"/> Carry close to your body a "secret stash" which contains emergency money, copy of passport, etc	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Charge equipment before departure <input type="checkbox"/> For equipment in your carry-on luggage fx laptop, games, mobile phone, carry adaptors	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> To remember or do on travel days that will make your trip more secure & enjoyable?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Travel extras		
All Travelers	'Secure Travelers' extra considerations	'World Travelers' extra considerations
<input type="checkbox"/> Documentation for children fx passport & travel authorization if traveling alone with children	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Passport photos and current photos of children	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Driving license & usage regulations	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Local views of sexual behavior, orientation	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Travel extras that will make your trip more secure & enjoyable?	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For all your travels, TrainingSolutions hope this is a useful resource. We welcome your feedback and suggestions on www.trainingsolutions.dk or email us on mytravels@trainingsolutions.dk. We would also like to hear your travel stories.

As part of your preparations to travel wise, you can visit www.trainingsolutions.dk. Here, you can:

- ✓ Download a Travel Plan and travel tips
- ✓ Buy travel security equipment
- ✓ Buy "Rejs Sikkert: Guide til personlig sikkerhed for kvinder, der rejser" (only available in Danish)
- ✓ Get details about our **Travel Wise** services

You can also contact us on +45 3337 8375 to hear more about our customized services.