ACCOMMODATIONS

Choose your accommodations carefully. Consider guest houses, bed and breakfasts or home stays. Their smaller size generally allows for more caring, personal attention.

To avoid needless stress, travel early in the day, especially if you do not have reservations, so that you will have time to find a suitable place before dark. Make sure your accommodations are in a safe area.

No matter where you stay, always ask to see the room before accepting it. Does the door lock properly? Are there holes in the door or walls that could be used by peeping Toms? Does it feel safe? Trust your instincts. Do not stay anywhere unless you feel completely comfortable.

Ask that your room number and location be kept private. Never accept a room if the check-in clerk calls out your name or room number. Others within hearing distance may use this information to try to call you or gain access to your room.

You should avoid ground-floor rooms or any room that has easy access from outside, such as from a balcony or fire escape. Book a room that is close to an elevator and away from exits.

Be aware that stairwells allow troublemakers to hide and to come and go undetected. Do not get in an elevator unless you feel safe.

Never open your door to anyone without taking the necessary precautions. Even if your visitor claims to be a member of the staff, you should check with the front desk to verify the person's need to enter your room.

Consider investing in a small, lightweight, portable smoke detector, as well as a rubber doorstopper that can be easily installed on an inward-opening door. These items are perfect if you plan to stay in simple accommodations.