

In some destinations, hailing a cab on the street can be risky. It is always wise to call a reputable taxi service.

Avoid sightseeing in isolated areas. If renting a car, consider carrying a mobile phone. Make sure you have an emergency phone number in case you experience a mechanical breakdown or find yourself in danger. Never pick up hitchhikers. And never get out of your car if another vehicle bumps into it. Thieves sometimes fake accidents as a ruse to steal cars or the valuables inside. Instead, wait for the police to arrive.

Never accept food or drink from strangers. Understand that drugging is always a possibility.

Beware of petty criminals who target tourists. They may work individually or in teams, sometimes posing as good Samaritans or causing distractions to steal belongings.

You may want to carry a personal security alarm that emits a piercing sound to help ward off an attacker or deter an intruder.

Consider investing in a self-defence course designed for women. You will embark on your journey with added confidence.

Never take envelopes, parcels, luggage or gifts across borders or through customs for anyone else. Whether you carry drugs knowingly or inadvertently, you will likely end up in jail if caught.



"To stay safe when traveling, if strangers ask me what I do for a living, I tell them I'm a policewoman."

*Evelyn Hannon, editor,
Journeywoman.com*