

# Environmental Health and Safety

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## Traveling Safely

### General information:

- Make sure to look ahead for weather conditions at your destination so you have appropriate clothing and essentials.
- Make sure to look at required vaccines or health requirements for your destination.
- If it is possible you need healthcare at your destination, look to see who takes your insurance or how you can get medical assistance while there.



### Airline Travel:

- Remember to pack only the allowed amount of fluids in carry-on luggage.
- Avoid Allergens. Bring healthy snacks and beverages for before/during/after the flight so you have foods that you know work for you.
- Ensure you have appropriate travel documents for your flight and final destination.
- Place your name, home address, itinerary, and destination inside each bag.

### Protecting Your Home:

- Arrange for your mail and other regular deliveries to be held or picked up by someone you trust.
- Leave copies of your itinerary and passport/visa information with someone you trust in case of an emergency.



### Car Travel:

- Before you drive check out your vehicle for fluids and proper maintenance.
- If crossing into another country ensure you have insurance coverage that is effective in the case of an accident.
- Always wear your seatbelt.
- Do not allow pets or children to stay in a closed car.
- Ensure that all documents are easily accessible during transit in case you need them.

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**Don't learn safety by accident**