



International Travel Safety Tips

An Outlandish Extra PDF

OutlandishScotland.com

A Novel Holiday Travel Guidebook

Outlandish Scotland Journey International Travel Safety Tips

Countries within the United Kingdom—England, Wales, Scotland, and Ireland—are some of the safest places to visit. Then again, bad things *can* happen, no matter where you go—even in your country of origin.

The best way to lessen the likelihood of suffering a bad experience during your Outlandish Scotland Journey is to spend plenty of time studying tips and tricks for staying physically and financially safe, *before* traveling abroad.

Clearly, this practice is vital for first-time voyagers. As for those who have traveled abroad before, we strongly recommend using the links below to refresh your memory of well-known travel safety practices. While doing so, you'll also learn about *new* tips and tricks developed to thwart travel threats that may not have existed during your last trip abroad.

This Outlandish Extra PDF is a guide to reputable international travel safety information resources. We've grouped the links provided into five categories so that you won't become overwhelmed by trying to read everything in one sitting. A simple way to approach this is to tackle one category each week, collecting personal notes as you peruse each article.

The first four categories contain links to articles about international travel safety tips and tricks written by **Rick Steves** and **Reid Bramblett**—the travel experts we most respect, and authors who frequently update their travel tips and tricks.

When accessing them, you'll notice that these articles all refer to "European" travel. Please know that Steves' and Bramblett's European travel safety suggestions are equally applicable to travel safety practices when sojourning in the UK.

You'll also notice that the Steves and Bramblett articles contain a few of the same safety tips. In our opinion, reading the same tips penned by two different authors is *not* an exercise in redundancy. Points repeated by two respected sources are points that warrant additional attention.

With the exception of the Rick Steves article in Category #1, the links we provide lead to *directory pages* on Steves' and Bramblett's websites. The subjects listed below the link each represent an individual article you can access from the directory page. We strongly suggest reading *every one* of these articles!

Category #5 is a collection of links to other reputable travel safety information articles. We've added them because they contain international travel safety tips and tricks *not* addressed by Steves and Bramblett.

Category #1: Basic Travel Tips

Yes, the majority of these tips do not necessarily relate to international travel “safety.” But, we believe that they are important to read.

Rick Steves’ “Top 7 Travel Mistakes—and How to Avoid Them”

<http://blog.ricksteves.com/blog/top-7-travel-mistakes-and-how-to-avoid-them/>

“Here are some of the biggest mistakes I see travelers make these days.”

1. Saving Money at the Expense of Time.
2. Traveling with Outdated Information.
3. Needlessly Waiting in Line.
4. Not Being Alert to Scams and Thieves.
5. Never Leaving the Tourist Zone.
6. Never Leaving Your Comfort Zone.
7. Letting Mistakes Ruin Your Trip.

Reid Bramblett’s “The Worst Travel Tips Ever”

http://www.reidsguides.com/t_mo/t_mo_worst_ways_save.html

“Presenting the eight worst decisions many travelers make in planning and trying to save money. Some things just aren’t worth the money you save, and some of the most important travel advice involves how *not* to try to save money on the road.”

To avoid confusion, we created a version of Reid’s Eight Worst Decisions article directory graphic that reminds you *NOT* to do what it says in the subject heading. (Each button opens to tip info.)

- + **Do NOT** Carry only cheap or antique guidebooks
- + **Do NOT** Skimp on sightseeing
- + **Do NOT** Save money at the expense of time
- + **Do NOT** Take Dad's old army duffel
- + **Do NOT** Pack only Converse All-Stars and high-heeled shoes
- + **Do NOT** Pass on the CDW
- + **Do NOT** Settle for a cheap hotel on the outskirts
- + **Do NOT** Forgo that wonderful one-of-a-kind souvenir

Related to Reid’s [Do NOT] Pass on the CDW article:

If you haven’t already, see our “UK Car Rental & Driving Tips” Outlandish Extra PDF for more information related to rental car safety practices.

<http://www.outlandishscotland.com/UKcarRental.pdf>

Category #2: Staying Safe from Theft & Scam Schemes

Rick Steves' "Travel Theft & Scams"

<https://www.ricksteves.com/travel-tips/theft-scams>

"The odds are in your favor for enjoying a perfectly safe and incident-free trip to Europe [or the UK]. Improve your chances by taking a few common-sense precautions."

- Outsmarting Pickpockets and Thieves
- Bank Card Precautions for Travelers
- Tourist Scams and Rip-Offs
- Theft-Proofing Your Rental Car
- Travel with a Money Belt: Your Portable Safe
- Losing It All ... and Bouncing Back
- Avoiding Taxi Scams in Europe [or the UK]
- Internet Security for Travelers

Reid Bramblett's "Safety & Crime on Vacation"

http://www.reidsguides.com/t_sc/t_sc_safety.html

"Take all this stuff with several grains of salt. Other than taking some sensible precautions against theft, you shouldn't have to worry much about safety at all."

[Reid's **Section Index** (links to the articles listed below) is at the bottom of this directory page.]

- Pickpockets
- Rip-offs & Scams
- Losing things
- Women's issues
- Travel warnings
- Trip insurance
- Gypsies
- Train safety
- Drugs & Prostitution
- Racial concerns
- Travel in the age of terrorism

Category #3: Money Issues

Rick Steves' "Travel Tips: Money"

<http://www.ricksteves.com/plan/tips/money-travel-tips.htm>

"The articles below have my best advice on the best time to use cash or card—and how to avoid unnecessary fees either way—as well as tipping etiquette, and how shoppers can take advantage of VAT refunds."

- Pre-Trip Checklist for Travelers
- Pay with Plastic or Cash?
- Cash and Currency Tips
- Using Credit Cards
- How to Claim VAT Refunds
- How to Haggle: Tips for Bargaining Overseas
- Tipping in Europe
- Card Fees (and How to Avoid Them)
- Tips on Using ATMs
- Bank Card Safety Tips for Travelers
- VAT Rates in Europe

Two of Rick's Pre-Trip Checklist items are so important, we're repeating them:

Report your travel dates. Let your bank(s) know that you'll be using your debit and credit cards in Europe. Banks will want to know the countries you're visiting and the dates you'll be gone. Though some banks may tell you this step is unnecessary, it's best to alert them so they don't freeze your card if they detect unusual activity.

Adjust your ATM withdrawal limit. Find out how much you can take out daily and ask for a higher daily withdrawal limit if you want to get more cash at once. If your bank charges a flat fee per transaction (explained [in the article]), you'll save money by withdrawing larger amounts. I prefer a higher limit that allows me to take out more cash at each ATM stop; some travelers prefer to set a lower limit as a security measure, in case their card is stolen.

Reid Bramblett's "Money Matters—How to Best Carry and Access your Travel Funds"

http://www.reidsguides.com/t_mo/t_mo_money.html

"Here's how to get money during your travels, strategies for getting the best deals on exchange rates, how to avoid scams and rip-offs, and ways to save money every step of the way on your vacation."

[Again, Reid's **Section Index** is at the bottom of this directory page.]

Money matters

- Credit cards
- Finding ATMs
- Changing money
- Currencies & Converters
- Traveler's checks
- Cold hard cash
- Finding a better bank
- Wiring money

Shopping Matters

- Shopping tips
- The fine art of haggling
- Clothing size conversions
[The metric system]
- The VAT (Value Added Tax)
- U.S. Customs
- Duty-free shopping
- Top gifts in Europe
- Europe's top markets

Money-Saving Tips

- | | | | |
|----------------------------|-----------------------|-----------------------|------------------|
| • Save on airfare | • Save on rail travel | • Save on car rentals | • Save on hotels |
| • Sleep for free | • Save on dining | • Save on sightseeing | • Free sights |
| • Worst money-savings tips | | • Rip-offs & scams | |

Category #4: Health Issues**Rick Steves' "Travel Tips: Health & Hygiene"**

<https://www.ricksteves.com/travel-tips/health>

"Take comfort: Doctors, hospitals, laundrettes, and bathrooms aren't that different in Europe. Dealing with them can even be part of the fun of travel."

- Tips for Healthy, Happy Travels
- Medical Care in Europe
- Conquering Jet Lag
- Doing Laundry in Europe
- Women’s Health on the Road
- Europe’s Hotel Bathrooms: What to Expect
- European Toilet Tricks to Know Before You Go

Rick’s Doing Laundry article is Excellent!

<https://www.ricksteves.com/travel-tips/health/laundry>

Seriously. You should read it.

Our laundry tips are in the **“Scotland Lodging Tips”** Outlandish Extra PDF—specifically the section about why CD Miller schedules a Hostel stay midway through every UK trip.

<http://www.outlandishscotland.com/ScotlandLodgingTips.pdf>

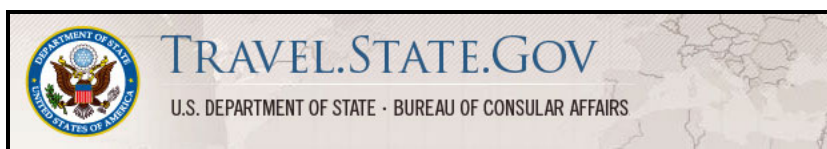
Reid Bramblett’s “Travel Health—a Traveler’s Guide to Maintaining your Health on the Road”

http://www.reidsguides.com/t_hl/t_hl_health.html

The page on general health concerns—and the rest of this section—will fill you in on all the details for keeping healthy while on the road.

- General travel health concerns
- La turista [Diarrhea issues]
- Bug bites
- Hospitals
- Useful links
- Vaccines
- Drinking the water
- Medications & prescriptions
- Jet lag
- Pharmacies
- Travel health Insurance
- Air pollution

Category #5: Other Travel Safety Resources



UK Travel Information for US Citizens

<https://travel.state.gov/content/passports/en/country/united-kingdom.html>



UK Travel Information for Canadian Citizens

<https://travel.gc.ca/destinations/united-kingdom>

Citizens of other countries should access their government’s website to find similar guidance.



This entire article is full of valid points!

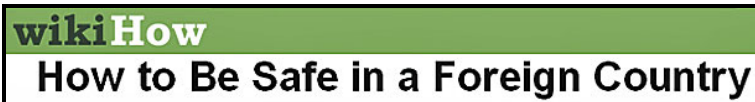
10 Things You Should Never Wear When Traveling Abroad

<http://www.independenttraveler.com/travel-tips/passports-and-international-travel/10-things-you-should-never-wear-when-traveling-abroad>



Here are the international travel Hotel tips once offered by Best Western (they're gone now):

- Find the nearest fire exits, fire alarm, fire extinguisher/hose to your room
- Keep your hotel room door locked at all times
- Ask visitors to meet you in the lobby or other public spaces in your hotel
- Use the hotel safe to store valuables
- Don't get into an elevator alone with suspicious strangers
- Ask hotel staff about safety and security policies if you are unsure



<http://www.wikihow.com/Be-Safe-in-a-Foreign-Country>

This article contains several tips you've read before. The following sections, however, offer fresh safety information.

- 5 Check to see if tap water is safe.
- 8 Safeguard your room.
- 9 Be polite and non-demanding.
- 11 [Carry a] fake wallet in case you are mugged and have to give it up.
- 12 Walk facing the traffic.
- 13 Be alert when using public transportation.
- 14 Never get into a car with a stranger.

Lastly: If you haven't already, read our "UK Travel Packing Pointers" Outlandish Extra PDF.

This file contains important tips for packing copies of your identification documents and prescription medication info, baggage identification practices, and baggage content security issues.

<http://www.outlandishscotland.com/PackingPointers.pdf>