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# Travel Security: Where Is the Exit? Avoiding the Trouble That Awaits When Traveling

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## Today's Discussion

- Travel: Reducing Unforeseen Risks

## Travel Increases Medical Risk

- Exposure
  - new viruses
  - bacteria
  - parasites
- Economy class syndrome
- Circadian rhythm disruption
- Sun, water, mosquitoes and mopeds

# Common Security Vulnerabilities

- Crime
- Terrorism
- Fire
- Accident

## Medical Pre-Trip Planning: Choosing your Destination

- Travel shots, malaria plan
- Special risks: polio, rabies, JCE
- Flora and fauna
- Doctors and hospitals
- How does EMS work?
- Don't forget medical and legal records!

# Security Pre-Trip Planning

- Destination
- Hotel
- Ground Transportation
- Air
- Local Resources

# Hotel Selection

- Choose a hotel unlikely to be a target



## Medical Pre-Trip Planning: What To Bring

- Biggest gap: 1<sup>st</sup> hour
- An MD or access to one
- A prescription medical kit containing
  - Ciprofloxacin, prednisone, azithromycin, vicodin, compazine, loperamide, nitroglycerin, metoprolol, gentamicin drops, valium, doxycycline, aspirin, meclizine, fluconazole, Epi-Pen, Flagyl
- Aero-medical evacuation coverage

## Medical Pre-Trip Planning : What to do in advance

- Sun, water, mosquitoes and moped
- Confirm concierge knowledge of MDs and EMS/evacuation
- Diving, parasailing, horseback riding and things you usually don't do at home
- Include provisions for multiple generations

# Security Pre-Trip Planning: What to Bring

- Flashlights
- Smoke Mask
- Cable Ties



- Third World
  - Satellite Phone
  - Water Filter
  - Smoke Detector



# Arrival

- Airports
- Ground Transportation



- Check fire exits
  - Count the doors between your room and the fire exit
  - Notice where the fire stairs let you out
- Room selection
  - Stay on the 2<sup>nd</sup> – 7<sup>th</sup> floors
  - Ask for a room that doesn't face the street
- Lobby issues

## Medical: Emergency Situations

- Pre-screened medical resources; trust but confirm:
  - US, UK, Canadian embassies
  - ABMS, RCMS
- Immediate guided care by MD
  - Local best hospital tracked by MD
  - Rapid evacuation to home; all info to follow you home
- Beware the fine print and COI in medical evacuation policies.

# Out and About

- Situational Awareness
- Countersurveillance
- Things to avoid



# Security: Emergency Situations

- Pre-Plan
- Aircraft Evacuation
- Hotel Fire
- Attack



## Security: Emergency Situations (cont'd)

- Local Emergency Contact
- Language Liaison
- Consulate Officials

## Conclusions

- Medical:
  - Foreknowledge
  - 24/7 MD access
  - A RX kit
  - Rapid ride home
- Security:
  - Be Aware
  - Be Equipped
  - Have a Plan

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