**Managing Personal Security: Six Principles of Protection**

Do you spend more time researching that golf outing in the Caribbean than looking at security considerations? Do you check out restaurants before looking at whether it’s safe to drive from the airport? Do you know the temperature of the clear blue water but not the political climate?

Every business traveler should do a little pre-planning and take the necessary precautions to ensure that they do not become victim. Being alert to the various travel risks that exist and taking certain reasonable and common sense precautions is the best start. This includes maintaining a low profile and remaining aware of one’s surroundings.

“Exploring new countries is very exciting and culturally rewarding,” said Matthew Bradley, Regional Security Director for International SOS and Control Risks. “But don’t be tempted to let your guard down. In fact, you should do the opposite and become more aware.”

For safe business travel, follow the guidelines in this pamphlet that apply to your trip. The extent to which these guidelines apply will vary according to your ultimate travel destination.

These basic rules and principles apply wherever you go:

**Preparation**

Preparation is the most important habit or behavior to reduce your risk of exposure while traveling. Be aware of the threats in the destination country, remain alert, and observe simple precautions.

**Awareness**

There are risks associated with any environment. The key is to remain aware of the nature of the risks, their levels, and any changes and to behave accordingly.

**Maintain a Low Profile**

Criminals or terrorists are more likely to target obviously wealthy individuals and/or foreigners.

**Unpredictable Routine**

Criminals and terrorists favor targets with predictable routines. Individuals who vary their day-to-day routines are less likely to be targeted.

**Communication**

Communication is the most important aspect of managing security risk. Keep a mobile device and charger, calling card, and coins handy. Pre-program your mobile device with key contact numbers prior to travel.

**Layers of Protection**

No single measure can guarantee security protection. Good personal security involves layers of protection and procedures, as well as physical measures. It is essential to adopt and maintain appropriate security measures.

“Do some homework and know your destination’s key trouble spots and risks so you can figure out ways to avoid any mishaps,” said Puig. “Use the same common sense like you use back home and be sure to take a few extra precautions for a safe and enjoyable trip.”

Disclaimer: This information has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your healthcare professional.

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