**Personal Awareness Notes**

1. **KNOW YOUR SURROUNDINGS**
   1. Stay in well lit areas
      1. Street lights
      2. Park in lights
      3. Flashlights
   2. Be alert
      1. Head up
      2. Strange/dark areas
      3. Trust instincts
   3. Know exits and escape routes
      1. Check exits
      2. Know which way to go for help
      3. Disaster drills
2. **BE SMART**
   1. Never travel alone (if possible
      1. Safety in numbers
      2. Make arrangements
   2. Tell someone your plans
      1. Where you’re going
      2. When you’re going/returning
      3. What route you take
      4. It is not “nagging”
      5. Cell phones help
   3. Stay fit
3. **KNOW GOOD/BAD AREAS YOU ARE TRAVELING**
   1. Your own community
   2. Travel destinations
      1. Places with lots of people
      2. Know directions/street names
      3. Who can you ask?
         1. public safety
         2. bus/cab drivers
         3. hotel workers
         4. trusted community members
4. **BAD IDEAS**
   1. Certain clothing
      1. colors may mean something
   2. Body language and vocal comments
      1. Conflicts start with words
      2. Body language (tough/timid)
      3. Make eye contact
   3. Overestimating yourself
      1. Know your limitations
      2. odds against you
   4. Using drugs or alcohol
      1. Reality distorted
      2. Senses/memory impaired
   5. Overloading
      1. More weight = slower
      2. What’s in your backpack?