**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?