SAFE SPRING BREAK TIPS

While most UW-Eau Claire students spend spring break visiting family, working, seeking summer employment or just relaxing, some of you may be traveling for spring break. We offer you the following safety tips to help ensure safe travel:

- When you leave with friends, come home with friends.
- Do not give personal information to strangers.
- Don’t carry large amounts of money, but make sure to have emergency cash on hand. You might not be able to use debit/credit cards everywhere.
- Give a copy of your travel itinerary to your parents or a trusted family member and schedule to check in.
- If you choose to have sex, use protection. Condoms are available at Student Health Service.
- Bring photocopies of important travel documents (tickets, passport, license, etc.).
- If you choose to use alcohol, follow these tips:
  - Keep track of your alcohol intake.
  - Make sure your water intake matches the climate and your level of physical activity.
  - Don’t accept drinks from strangers.
  - Never leave a drink unattended.
  - Remember that sexual assaults statistically increase over spring break, and many victims report they were using alcohol at the time they were assaulted. Check out this video from CNN with activist Erin Weed for additional safety tips: http://www.youtube.com/watch?v=0UhYX9ubZQ

Special warm destination tips:

- Use sunscreen.
- Drink plenty of water.

Special international destination tips:

- Mexico is still under a current travel warning from the U.S. State Department, and all UW-Eau Claire programs to Mexico are suspended, in keeping with university policy. Here is the link specific to Mexico: http://travel.state.gov/travel/cis_pa_tw/tw/tw_5815.html
- Here is the link to all countries under a current travel warning from the State Department: http://travel.state.gov/travel/cis_pa_tw/tw_1764.html
- Know the laws of the country you are visiting. If there is an issue, you will be dealing with the legal system of the country you are in.
- Make sure a trusted family member has a copy of your itinerary.
- Keep photocopies of your passport and other travel papers separately from your originals.
- Get an international phone card or cell phone that is valid in the area you will be visiting.
- Make sure your vaccinations are updated and know your medical coverage options before you leave. Check out http://wwwn.cdc.gov/travel/contentVaccinations.aspx for more information.
• You also can register your international travel with the Department of State; this can be done online at https://travelregistration.state.gov.