

### General Safety:

- Keep copies of documents in cloud –

Share itinerary with family –

Register with embassy –

Get travel insurance with medical coverage –

Learn basic local phrases Scams to Avoid:

1. Tuk-tuk overcharging (negotiate first)

2. Fake tour guides at temples

3. Gem scams (Bangkok common)

4. Taxi meter "broken" scam

5. Motorbike rental damage scams

### Money Safety:

- Use ATMs inside banks –

Avoid street money changers

- Split cash in different places

- Use credit cards with no foreign fees

- Keep emergency fund separate

### Health Precautions:

- Drink bottled water only

- Avoid ice in drinks

- Eat at busy food stalls

- Wash hands frequently

- Get travel vaccinations

### Emergency Numbers:

Thailand: Tourist Police 1155

### Safe Accommodation:

- Read recent reviews - Check door locks work - Use hotel safe - Keep valuables hidden - Trust your instincts