SAFE SEX
Always get consent
Remember to use a condom when sexually active
Free condoms and gonorrhea and chlamydia testing available at the UNI Clinic

HOTEL
Be careful who you share your room number with
Secure valuables
Don't go back to your room with someone you just met.
Ask the hotel about unsafe areas in town
Don't leave room key unattended

GENERAL SAFETY
Always use the buddy system
Make sure people always know where you are
Know your surroundings
Always have a charged phone

TRAVEL
Be well rested-driving tired is like driving under the influence. Switch off drivers or take breaks
Make sure someone at home knows your route
Never leave your bags unattended
Don't use your full name on your bags
If traveling abroad, have copies of all travel documents
Have a plan for if your car breaks down

STAY HYDRATED
Bring a water bottle
Drink more water when in the sun
Set a daily water goal
Alternate water and alcohol if you choose to drink

WEAR SUNSCREEN
After not being in the sun for many months, don't overdue it
SPF 30 is recommended
Make sure to reapply
Tanning beds increase risk for skin cancer

ALCOHOL
If you choose to drink:
Always watch your drink
Eat a substantial meal
Set a pace of one or fewer drinks per hour
Stay away from drinking games/shots
Know the risks of drinking underage
Have safe transportation
Respect those who choose not to drink

MONEY
Set a budget beforehand
Cover keypad at ATM
Look for suspicious activity
Hide valuables
Don't carry large amounts of money