

## EEB Strategies for a Safe Field Season

- Avoid traveling alone

Avoid traveling alone, especially to remote areas, if at all possible. If you are a graduate student who needs to travel (solo) to a remote field location, request funds for a research assistant. It is always safer to travel with another person.

- Borrow EEB satellite phone if you are traveling alone

The department owns one satellite phone (and is getting another) that can be reserved by department members who are traveling to remote regions where cell phone service is unreliable. This is an important resource for emergency situations.

- Register your international travel with UM:

<https://hr.umich.edu/benefits-wellness/health/changing-your-benefits/life-events/international-travel>

This provides you with UM resources, such as emergency evacuation, in case of natural disasters or political unrest or another emergency situation.

- When traveling internationally, do your homework, get all your permits, visas, vaccinations, and UM's international health insurance well in advance of your travel dates. For some countries, this process can take several months.
- Keep a list of important numbers in a print version so that you can access them in an emergency. Do not count on your cell phone to work.
- Make contact with a local collaborator, who lives or has worked in the country you are visiting, and discuss local health facilities so you are aware of where they are located and how to get access.
- Get advice from a local collaborator about local transportation and housing options and safety.
- Get advice from local collaborators and research colleagues, the US State Department, and UM officials so that you are aware of potential dangers in the region and can make plans to avoid these potential dangers.
- Make sure that a family member or friend knows your travel itinerary and how to reach you in case of emergency. Check in with this person regularly.
- If you are not fluent in the local language, make sure you have someone who can translate for you.
- Educate yourself on airline policies about which reagents can and cannot be transported in checked luggage.
- Educate yourself about cultural differences and customs of the country you are traveling to, so that you can avoid potentially charged situations. Discussing how things work with a local collaborator is important. For example:
  - discuss how to dress
  - interactions with local authorities and police

- religious and other social customs/norms
  - rules about any required documentation for prescription drugs, if you are bringing these into another country
  - rules about any required documentation for collecting materials/ supplies, if you are bringing these into another country
- Be sure to bring adequate food, clothing, supplies, filters to treat drinking water, and a first-aid kit.
- Be careful not to show that you are carrying lots of cash.
- Know about local wildlife (*e.g.* venomous snakes) so that you are aware of potential dangers.