

ADMINISTRATION DEPARTMENT - ITREB FOR PAKISTAN

Safety & Security Guidelines – For Field Trip Participants

1. Provide written consent from Parent / Guardian

A permission slip specific to the trip should be distributed to parents/guardians ahead of time. The permission slip should include:

- ✓ Details about the trip
- ✓ The date on which it will occur
- ✓ The destination(s) and site addresses
- ✓ The mode(s) of transportation to be used
- ✓ The estimated time of the group's departure and return

2. Understand the local Customs and Culture

Familiarize yourself with local laws and customs in the areas you plan to travel. You are expected to respect/obey their laws, which may include dress standards, photography restrictions, telecommunication restrictions, gender limitation, etc.

3. Pack Smart

Do not take unnecessary identification or credit cards.

4. Plan your Wardrobe

The cloths should not offend the locals, nor draw unwanted attention to yourself. This would make you less appealing target for pick pocketing and other crimes. Do not wear expensive looking jewelry and avoid wearing shirts or caps having sensitive slogans or community identity symbols.

5. Follow Buddy Procedure

During all your movement you are advised to follow below points.

- ✓ Never move alone during the trip. The organizer would make groups of the participants and you should mostly move with your group.
- ✓ If grouping is not feasible, you are recommended to move with at least one more travel partner.
- ✓ Remember that a person alone is most vulnerable.

6. Maintain Basic Hygiene during the outing

Practice hand washing prior to eating, even when you are away from your site. Do not do experiments with foods and drinks. Wash your hand properly. Personal hand washer is very effective, if feasible, carry with you.

7. Keep a low profile and shun publicity

Do not discuss personal or family back ground information with locals. Keep or represent yourself very conscious during interaction with local people.

8. Keep your mobile battery charged

You must charge your mobile phone, so that in case of emergency you can easily contact visit guides or your parents/guardians.

9. Avoid Bullying

Avoid bullying during the travel or hiking because,

- ✓ It can provoke people.
- ✓ It diverts attention of others towards you.
- ✓ It can hurt your travel partner.

10. Do not Travel, if

- ✗ You are ill or treatment is going on.
- ✗ Any of your love one is ill seriously.
- ✗ You have any psychological issue regarding long journey.

11. Be Environmental Friendly

Don't spoil environment around you:

- ✓ Never throw anything from vehicle's window
- ✓ Never throw garbage/packing material/empty water bottle on road or anywhere except in waste bins.
- ✓ Do not waste water, food and time.

THANK YOU AND HAVE A SAFE FIELD TRIP!