

Jack Of All Tradecraft
Intelligence-backed solutions to everyday problems

Travel Best Practices

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Welcome!

The following information has been tested and proven by journalists, explorers and elite government operators around the world. People around the world rely on these methods and techniques for survival everyday.

Travel Best Practices

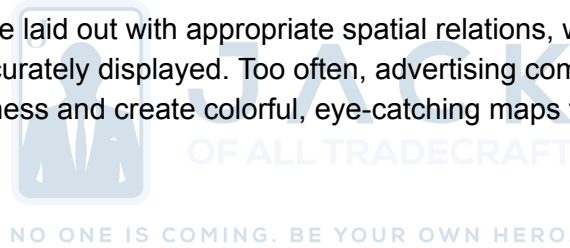
Get A Local Map

Having a physical, local map with key locations marked is invaluable and should be a top priority when going to a new area.

The ideal map should meet these criteria:

- 1. Be to scale**

The map should be laid out with appropriate spatial relations, with streets and spaces in between them accurately displayed. Too often, advertising companies try to get into the map-making business and create colorful, eye-catching maps that are completely inaccurate.



- 2. Have most street names displayed**

A map is only as good as the information on it. Some maps are so focused on advertising, they forget to give you the essential data to reach a store. Annotating the locations of nearby hospitals, pharmacies and grocery stores is also an excellent habit.

- 3. Show a compass rose**

Make sure that the map you use shows the cardinal directions, North, South, East, West. Another tip is to note large landmarks in the area, and their relation to each other. That way, when you find yourself at one location but you can see two of your landmarks, you will know which direction you are facing, even if you don't have a compass.

Aside from your physical map, having a downloaded map in your phone will help during the day-to-day.

For a solid mobile map application, I recommend the app “**maps.me**”. It features a detailed, downloadable area map that can work offline, without cell service or wifi.

Make A Daily Carry 'Go-Bag'

Preparing for your most-likely daily pitfalls will keep you ready for anything.

Your go-bag is meant to get you through your worst day by including:

1. Water

Hydration is key to several natural processes in the human body. Having water on hand will help you regulate through a number of stressful situations.

2. Snacks

Quick calories give us energy to stay sharp and give you a cognitive boost. Having high calorie dense foods like dates or nuts will recharge your body and mind.

3. Local map & compass

Along with a good local map, having a compass lets you navigate when you can't otherwise get your bearings.

4. First-aid & daily medication

Having a basic first-aid kit including a few band-aids, triple antibiotic ointment, moleskin, aspirin, ibuprofen, and an extra set of daily medications will set you up for success. Your environment and your daily routine will dictate what you put into your kit.

NO ONE IS COMING. BE YOUR OWN HERO.

5. Local currency in small bills

When it's late at night, and you have to go into a convenience store in an unfamiliar place, you don't want to pull a US \$100 bill out of your sock. Carrying small bills, spread out around your person will give you easy access to cash and help you keep a low profile.

Room Safety

These under-rated security devices are also two of the most effective.

Your room is your safe space, your sanctuary and a place of rest. Here are two ways you can keep it that way, no matter where you travel.

1. Doorstop or wedge

A simple rubber doorstop can be the difference between a quiet evening, and a drunken neighbor invading your space.

Placing the doorstop anywhere between the door and the frame along the floor will provide an extra layer of security and protection, wherever you stay.

2. Personal keychain alarm

An ear-piercing siren of 120 db is a great way to draw attention to a specific location.

By using a personal keychain alarm and a bit of duct tape, you can create a make-shift security system to let you (and anyone on your floor) know if someone tries to open the door.



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Building Safety

Being aware of your surroundings doesn't make you a spy, but it does make you smart.

Learning how to get into and out of a building when you are calm will help you before you need to make a quick exit

1. Know your exits

Whenever you enter a building, note your exits. Think through how you would exit the room, and exit the structure.

2. Always have an escape plan

Plan your routes out of the building ahead of time. Ask yourself, if there were a fire, where would you go? If you'll be in a building often or for a long time, take a chance to check out the stairwell and make sure you know where it is and how it leads out of the building.

Going Out

Enjoying a night out can be fun - but do so on your own terms.

When going out to a party or a club, it's easy to go with the flow, grab a sip from a friend's drink or hop into a cab without thinking twice. Take your time and remember these three tips:

1. Mind your drinks

Only take drinks from trusted individuals, and only when they are opened in front of you.

2. Inspect your Uber

Make sure your driver looks like their picture. Verify that the car has working seatbelts, and working handles so you can open it from the inside.

3. Bring a friend

Two heads are often better than one. So when you're going out, its best to bring someone with you. You'll have more fun and be able to watch out for each other.

I hope you found value in this report! Thanks for reading.

Remember, traveling and seeing the world is supposed to be fun!

With a little planning, you can have a good time, be safe, and explore with confidence.

Fair winds and following seas!

Regards,

Aaron Lembo

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