



TEST YOUR TRIP SAVVY

How much do you know about your travel health, safety, and security? Answer the questions below and calculate your TRIP IQ. Hint: each question is a link to help you find the answer. More information is available at www.trip.ustia.org.

1. [How can you recover from jet lag?](#)
 - a) Drink coffee and alcoholic beverages
 - b) Drink plenty of water

2. [Where should you convert currency for the best exchange rate?](#)
 - a) The airport
 - b) Your hotel
 - c) Your local bank before you go

3. [When departing on a cruise, for extra safety should you pack your computer in your checked luggage?](#)
 - a) Yes
 - b) No

4. [If you need to use an emergency slide to evacuate an airplane, you should:](#)
 - a) Jump feet first
 - b) Sit down and push
 - c) Keep your high heels on

5. [To help ensure your safety in a new destination, make sure you:](#)
 - a) Locate the emergency exit closest to your hotel room
 - b) Ask the hotel staff for reliable taxi and other services
 - c) Take the hotel's business card with you for easy access and reference
 - d) All of the above

6. [To avoid motion sickness, where should you sit on a plane?](#)
 - a) Near the cockpit
 - b) By the bathroom
 - c) Over the wing
 - d) Near the back of the plane

7. [The best kind of sunglasses to wear when traveling are:](#)
 - a) Ones with dark lenses
 - b) Designer sunglasses
 - c) Wrap-around styles

8. [Which types of services do US Embassies or Consular offices provide for Americans abroad?](#)
- a) Resolving cell phone reception problems
 - b) Replacing lost or stolen US passports
 - c) Issue visas for other countries

9. [If you travel with medication or prescription drugs, make sure you:](#)

- a) Get a doctor's note detailing your condition and the medication
- b) Leave medication in the original container
- c) Research the legality of any medications, and their restrictions, before you travel
- d) All of the above

10. [Protect your identity while traveling by:](#)

- a) Using a false name
- b) Being aware and vigilant at ATMs and when using a credit card
- c) Leaving your credit cards at home

Bonus Question: [What single internet source has helpful information on travel health, safety, and security in one place?](#)

- a) Wikipedia
- b) The Farmer's Almanac
- c) TRIP

Check Your Score:

8-10 Correct: You're a TRIP-savvy traveler!

5-7 Correct: You're on the road to safe travel

0-4 Correct: You may need a little help—visit TRIP (www.trip.ustia.org) for more information on travel safety, security, and health.

Answer Key

1. b 2. c 3. b 4. a 5. d 6. c 7. c 8.
b 9. d 10. b Bonus: c