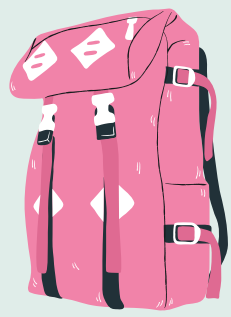
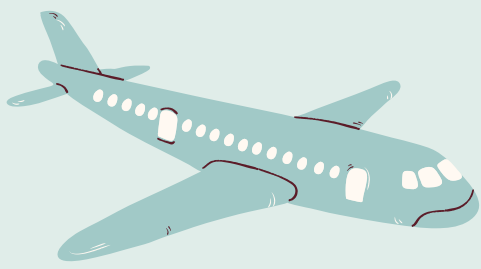


# TRAVELING WITH TEENS

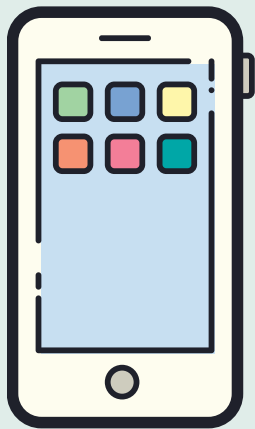
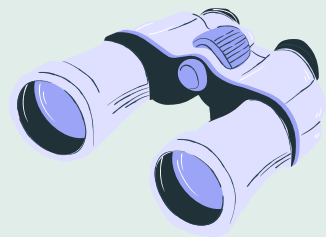


## Air Travel:

- Use [TSA guidelines](#) or the MyTSA app for information on what is allowed in baggage.
- Check with your airline 24 hours in advance to be sure there are no changes with your flight.
- Make certain students are aware of carry-on rules and items that cannot be taken aboard.
- Checked bags should not exceed 50 lbs.
- Plan for airport security. Wear shoes and a belt that can be easily removed. Jackets must be removed and scanned. Metal rivets, jewelry or buckles may set off alarms and are not recommended.
- Remain close to your group while going through TSA in case a student requires personal screening.
- Always watch your bags and personal belongings.
- Never accept packages from strangers or allow strangers to use your phone.
- Beginning May 7, 2025, anyone 18 years and older that plans to fly domestically will need a REAL ID or another acceptable form of identification. For additional info, visit <https://www.dhs.gov/real-id>.
- TSA does not require teens under 18 to provide identification when traveling with an adult / companion within the United States. The adult will need acceptable identification.
- Although students under the age of 16 do not need a government-issued ID when traveling with an adult, they should have some alternate form of photo ID such as a school ID, learner's license, or Library Card.
- Carry medical supplies with you along with a doctor's note if possible. Be sure all prescriptions carry pharmacy labels and all OTC medicines are in the original package.
- Leave gifts or similar items unwrapped.
- Do NOT lock luggage unless your case has the standardized TSA lock. Security must be able to access and search it.
- Listen carefully and follow all flight attendant instructions throughout the flight. Air travel policies are not merely suggestions; infractions can result in severe disciplinary action, flight diversion, or arrest.
- Airport snacks are expensive. Prepackaged snacks are fine to have with you for the flight, but drinks must be purchased after clearing security. Carrying a water bottle you can refill throughout the trip is a good idea.

## At the Hotel

- Distribute room keys to students in a private area.
- Let team know where you will be and how to locate you.
- Clearly identify the areas of the property where students are permitted as well as expectations of behavior. Go over the event code of conduct.
- Determine nightly room check procedures and communicate clearly with team.
- Provide emergency evacuation procedures to the team and establish a safe meeting place 300 feet from the building.
- Emphasize the importance of communicating any illness to the team coach or assistant coach (look out for your roommates).
- Keep in mind that you are not the only travelers staying in the hotel. Quiet hours are usually 10 PM until 7 AM.
- Be considerate of other guests by keeping music, tvs, phones, computers, etc. turned down and voices low (particularly after curfew and during quiet hours).
- Use a room safe for valuables. Or use a safe at the front desk.
- Keep track of your room key. Do not write the room number on your key. Make a note in your phone, etc.
- Never prop your room door open at any time.
- Walk with a buddy to the ice machine or elevators.

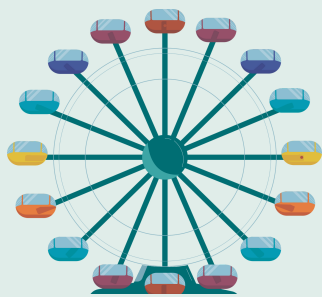


## Digital safety for travel

- Use a communication app like Remind, TravL, Group Me, Troupe, Cluster, miTravel, or Let's Jetty, to reach your team easily as well as to plan your trip beforehand and share photos and other information.
- Beware of phone spies. BOLO for anyone looking over your shoulder.
- Always guard your phone's password. If someone sees you key it in, they can swipe your phone and get into everything in a matter of minutes.
- Turn on two factor identification for your devices and all your apps and accounts, including social media.
- Be careful about location sharing on your apps and broadcasting this in real time while traveling. You can choose to share live with family and trusted friends only and post other photos after you have left that exact location.
- Password protect albums on your phone and add screenshots of information you need to be kept private.
- Stay off the public Wi-Fi. Using public Wi-Fi makes you vulnerable to hackers waiting to swipe your data and personal information.
- Use a juice jacking prevention device. Juice jacking happens when users plug into USB ports or use USB cables loaded with malware often at airports or other public places. The malware then infects your mobile device, giving hackers access to your data, passwords, accounts, etc. It can also lock your device so that you can't access it.
- Keep your private information private, and set up a virtual private network (VPN) that allows you safe and secure access to the internet.

## Be careful with money

- Teens should only carry small amounts of cash on them during their trip, and keep their money in an inner pocket, hidden pocket, or front pants pocket where it is out of a pickpocket's reach.
- Use mobile payment apps like Apple Pay and Venmo for the safest way to pay.
- Encourage teens to keep cash not needed for touring or other activities in the hotel safe. When they need more cash, they can always go to an ATM.
- Visit the ATM with a group, especially at night or if it is in a secluded area.
- If a student has a credit card or debit card, they will need to make sure they do not lose it, which could lead to identify theft and lots of expensive charges.



## At an off-site Venue;

- Register your group at first aid upon arrival at amusement parks or other large venues.
- Travel in groups.
- Establish clear check-in and meeting times.
- Be sure to have a weather emergency plan available for outdoor attractions.
- Steer clear of large exiting crowds (i.e.- stay seated until the bulk of a crowd clears out and exit the venue together).
- Pay attention to destination signs – especially when using public transportation.
- Choose a code word with friends
- A code word can be a good way for your students to indicate to their friends that they don't feel comfortable or safe and would like to leave wherever they are. When a member of your student's group uses the code word, it's a signal to everyone that it's time to get out of the situation as soon as possible.



**LifeSmarts**  
Learn it. Live it.