

*Safe travel handbook*

# The hungry traveller

EVERYTHING YOU NEED TO KNOW





GO SAFE

MOVE SAFE

LEAVE SAFE

HOME SAFE

**BEGIN**  
*again*

## BEFORE

Covid-19 guidelines are frequently changing by respective state governments. We recommend travellers to check travel restrictions and safety protocols before travelling.



It is mandatory to have the Aarogya Setu app for travelling.



## RESEARCH DESTINATION

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Safety measures at the hotels are the key before you decide on pricing. Most hotels have their website detailing safety guidelines, and all you need to know about the stay. The more you know, the less likely you have other issues during your travel.



Don't focus only on lower prices. Instead, look at the hygiene standards and guidelines presented by the hotel.

# EXPLORE YOUR STATE FIRST

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Why travel far in the middle of a pandemic when you can explore your city? Staycations, Minibreaks and other options are available for you to explore in your state first.



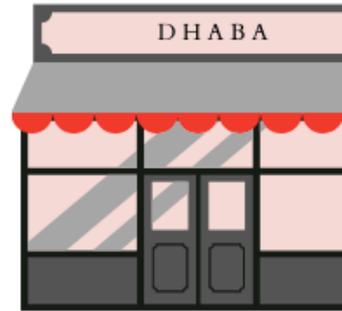


## STOPPING AT A PIT-SHOP

A midway stop at a Dhaba to pick up snacks? Think twice. Carry your own snacks, water bottle, reusable cup, plates, cutlery & tissue papers for the road, unless very necessary to stop.



Just buy most essentials from the Dhaba (but tip well!). Even, if you do refuse the service, tipping is still appreciated.



## RULE OF 6 FTS

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Yup, this is the new cool  
and your travel slogan.



♡ And, be mindful of what you touch and make sure you have masks. Be careful not to touch your face when you touch doors, ATMs, escalators or surfaces that others have used too.

## ON THE MOVE

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Avoid touching your nose, eyes and mouth with fingers.

Go digital! Digital payments are essential to minimising physical contact.

Do not forget to wash your hands (for 20 seconds, at least) before eating.

Use separate bottles and spoons for eating on the way and avoid sharing.

## AT THE HOTEL



Ask for a room that's been empty for a few days.

BYO cleaning products and do a quick wipe down of high-touch surfaces to give yourself peace of mind.

Avoid the common areas of the hotel whenever possible.

Instead of an indoor restaurant, order room service or eat in the open area.

If using the pool, wipe down the chairs before use.

Skip the hotel gym, instead, go for a walk or hike.

Just say no to housekeeping as much possible (still tip them!). Keep your room windows open for ventilation.

## YOUR PERSONAL TIME

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Go for walks and hikes.

Make time for yourself.

Look for seclusion and peace in nature and connect with it.

Remember all the classrooms don't have four walls.



Look for pet-friendly hotels if you are travelling with a pet.

## SENSIBLE TO ENVIRONMENT

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♥ While disposing of any biomedical waste, be it masks or gloves, you must wrap them securely in a paper bag or newspaper marked with a red cross. Remember to wash your hands with an alcohol-based hand rub or soap and water thereafter.





# THE ULTIMATE TRAVEL PACKING CHECKLIST

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#1

Face masks, pair of gloves, alcohol wipes, hand sanitizers, and a toilet sanitizer

#2

A Corona No-Touch key

#3

A torch, first-aid kit, water, beverage (sachets), power bank, waste disposal bag, cash for an emergency, and car tool kit

#4

Washable sandals and slippers with you wherever you can, because Covid-19 thrives on surfaces and regular cleaning is the only cure



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