Nighttime Safety Tips

Best tips for night owls? Turn off that iPod or cell phone and keep your eyes and ears open

- Plan ahead. Do not wait until the last minute to consider your personal safety and your nighttime travel plans.
- Stay away from poorly lit areas and avoid taking shortcuts down dark alleyways or paths. Choose well-lit, heavily traveled sidewalks.
- Carry a working, well-charged cell phone. If you are in an emergency situation, call 911.
- Whenever possible, do not walk alone at night.
- Be aware of places along your path that could conceal a criminal (shrubbery, buildings, recesses, etc.). Avoid these areas.
- Stay aware of your surroundings. If you see something suspicious in the direction you are heading, change your route.
- Keep your head up. Do not look down or away and make brief eye contact with people you meet. If someone is following you, make your way to a populated area.
- Carry yourself with confidence. If confronted, shout or use a whistle to attract attention.
- Trust your instincts. If you feel something isn’t quite right, don’t take chances. Change your plans or call for help.
- It is risky to travel under the influence of alcohol or other controlled substances. Drugs and alcohol can greatly alter your perceptions, reaction time, and judgments.
- Make sure to tell someone your plans, your travel routes and when to expect your arrival.
- Wear clothing that will allow you to run if necessary. If you need to run, drop your valuables (heavy books, packages, etc.) since these slow you down. Thieves target laptops. Carry yours in a book bag or backpack rather than in an “obvious” laptop case.