



# Advice for Transgender and Non-Binary Travelers

Members of the LGBTQ+ community may face a number of challenges when traveling, and this is especially true for transgender and non-binary travelers. Concerns vary from person to person, and the following tips and considerations will help you make informed decisions about your travel in relation to your own unique profile.

## Be Informed

The most important tool for transgender and non-binary travelers is knowledge. Thoroughly research your destination by seeking out information from official sources, travel experts and anecdotal reports. Factors such as security risks and cultural issues may be dramatically different from neighborhood to neighborhood, so tailor your research based on your planned activities.

Do remember to consider your own profile – including your gender presentation and official travel documentation – in addition to more general concerns.

- **Legal issues:** Get to know the laws regarding LGBTQ+ individuals in your destination, including any country-level legal protections. Anti-LGBTQ+ laws do not necessarily preclude you from traveling. However, you should carefully consider risks of entry/exit, the precautions you will need to take, the risks you will face during your travels and what you should do if you are detained.
- **Cultural concerns:** Even if a destination does not have or consistently enforce anti-LGBTQ+ laws, cultural attitudes may increase risks of discrimination, harassment or violence. Understand the cultural norms in your destination and how best to adhere to them/maintain a low profile.
- **Safety considerations:** Transgender and non-binary individuals face disproportionate levels of harassment and violence. In addition to researching general concerns such as crime, terrorism, civil unrest and political risks, seek information on incidents involving transgender and non-binary individuals.
- **Health issues:** In addition to researching the general health risks in your destination, be aware that certain medications or medical treatments may be illegal, restricted or unavailable. In locations where laws or the cultural climate present concerns, some medications or medical devices may also lead to discrimination or harassment. Make sure you can legally enter your destination with your medications and medical devices, and carefully research how legal and cultural concerns may impact medical treatment.



## TRAVEL SAFETY TIPS FOR LGBTQ+ TRAVELERS

### Learn more

Visit [www.travelguard.com/LGBTQ](https://www.travelguard.com/LGBTQ) to view more in-depth information on safety and security tips for LGBTQ+ travelers.



## Plan Ahead

Transgender and non-binary travelers may experience additional scrutiny at airports, customs checkpoints and hospitals. They are also more likely to face harassment and discrimination at hotels, independent rentals, on public transportation and when using rideshare services. While there is no way to eliminate these risks, taking the following steps may help to streamline your travel experience and ease your mind.

- **Travel documents:** Book flights and accommodations with the name and gender marker on the identification you will use when you travel. If your gender presentation does not match your photo, name or gender marker, consider updating your identification, if possible. Of course, it is not always possible due to the time investment, documentation, money and legal hurdles involved. In these cases, be mindful that in some locations, you may face delays, uncomfortable questioning, harassment or even denial of entry. Travelers with gender-neutral passports can experience similar issues. Consider updating the photo on your identification to better match your presentation.
- **Medications and health considerations:** Obtain appropriate permission to travel into your destination with your medications and medical devices (including syringes, pen injectors, etc.). Carry extra medication unless the country restricts the quantity of a medication. Keep all prescription and over-the-counter medications in their original containers. Travel with a note from your doctor (translated into the local language, if necessary) as well as any other necessary medical permissions and documentation.
- **Airport security:** Airport security can be a distressing experience for transgender and non-binary travelers. In addition to ensuring your identification documents match travel bookings, know your options and rights when it comes to body scanners, pat-downs, information disclosure and prosthetics or binders. Allow additional time to go through security in case you face additional scrutiny/questioning.
- **Accommodations:** Choose accommodations that are known to welcome LGBTQ+ travelers. International hotel chains and resorts generally have easily accessible information regarding LGBTQ+ travelers. Even countries with anti-LGBTQ+ laws may have options. However, it is always best to remain circumspect when sharing personal information.
- **Transportation:** Transgender and non-binary travelers have experienced harassment, violence and discrimination on public transportation, in taxis and when using rideshare services. Plan your transportation in advance to the extent possible, including researching various options and pre-booking services if you are able.

## Stay Safe

Research and planning are important, but it is just as important to travel confidently and know how to respond in a dangerous situation or an emergency.

- **Getting around:** Let a trusted contact at home know your itinerary and, if possible, enable location sharing on your phone. Always stay alert when you are traveling and avoid disclosing personal information to strangers. Know where the closest police stations and diplomatic facilities are in relation to your planned destinations. In addition to taking general precautions such as avoiding isolated areas and not walking alone after dark, consider risks associated with your gender presentation and using public restrooms. If you are being followed or harassed, do not engage, and quickly remove yourself from the situation. If you are outdoors, seek refuge in the nearest busy establishment as soon as possible.
- **Meeting people:** Connecting with the local LGBTQ+ community can be rewarding but risky, especially in countries with anti-LGBTQ+ laws. In some locations, using mobile apps and websites geared toward the LGBTQ+ community can pose a legal risk. Additionally, some individuals use social apps and websites to attack unsuspecting victims. If you are going to meet someone during your travels, only meet in public places, tell a trusted contact at home where you will be and who you are meeting and do not travel to a second location. Additionally, do not accept food or beverages from strangers, and never leave your food or drink unattended.
- **Contacting authorities:** If you are a victim of a crime, local authorities may not have the manpower or resources to effectively respond. In some locations, harassment by officials can also be a concern. If the country in which you are traveling has a tourist police force, these units are often more responsive to travelers. Additionally, be sure to contact your nearest diplomatic facility to report the incident as well as any police harassment.
- **Seeking medical treatment:** Transgender and non-binary individuals may experience discrimination, harassment and even legal issues when seeking medical care abroad. Your nearest diplomatic facility, travel insurance provider or a travel medicine specialist may have more information on where to seek medical care.



Want to find out more or have questions? Contact AIG Travel 24/7 with any travel questions; in addition, we are available to assist customers before, during or after their travel. Visit [www.travelguard.com/LGBTQ](http://www.travelguard.com/LGBTQ) to view more in-depth information on safety and security tips for LGBTQ travelers.