

Going abroad for the holidays? Do these five things first.

Where the advisories stand, the strikes already on the calendar, the health notices to check, and how to spot a booking scam.



WORLDWIDE CAUTION · STILL IN EFFECT The State Department's July 22 alert asks Americans everywhere to exercise increased caution, and to reconsider travel to and through the Middle East¹. If your route connects through the Gulf, confirm the flight with your airline before you leave.

Free

Enroll in STEP

Embassy alerts for where you're going, and a way to reach you in an emergency²

2 weeks

MMR before you fly

CDC: be fully vaccinated against measles at least two weeks before an international trip⁵

Nov. 21

Italy flight strike

Nationwide air traffic control walkout, 1 to 5 p.m. local time¹²

\$297M

Lost to travel fraud

Vacation and travel scam losses in 2025, up from \$99M in 2021¹⁰

BEFORE YOU GO

Know the level for where you're going

- 1 Japan 1 Portugal 1 Greece 1 Iceland 1 Austria
1 Switzerland 1 Canada 2 France 2 Germany 2 U.K. 2 Italy
2 Spain 2 Netherlands 2 Mexico* 2 Jamaica 2 Dominican Rep.
2 Costa Rica 3 Colombia

State Department advisory levels as of Oct. 22: 1 normal precautions, 2 increased caution, 3 reconsider travel³. *Mexico is rated state by state.

- **Level 2 isn't "don't go."** It means exercise increased caution, and most of Western Europe is there. France's was updated Oct. 20 after riots³.
- **Mexico, by state.** Quintana Roo (Cancún, Tulum) and Mexico City are Level 2, Yucatán is Level 1, Jalisco is Level 3, and Guerrero, Sinaloa, Michoacán, Colima, Tamaulipas, and Zacatecas are Level 4, do not travel⁴.
- **Save the numbers.** State Department help for Americans abroad: 1-888-407-4747 from the U.S., +1-202-501-4444 from overseas¹.

IN THE CROWDS

Markets and city centers

- Crossbody bag, zipped, worn in front. Phone in an inside pocket.
- Buddy system after dark, and a meeting spot if you get separated.
- Watch your drink. If a stranger insists on buying one, leave.

YOUR HEALTH

Check the notices

- Measles: two MMR doses, at least two weeks before you go⁵.
- CDC's current notices include yellow fever in Colombia and dengue in Costa Rica, Cuba, and Vietnam⁶.
- Bring prescriptions in their original bottles.

THIS WEEK'S CHECKLIST

- ☐ Look up the advisory level for every country on your route, and Mexico by state³.
- ☐ Enroll in STEP so the embassy can reach you².
- ☐ Check CDC's notices for your destination and confirm your MMR⁵.
- ☐ Check your travel days against the strike dates above⁷.
- ☐ Book through the company's own site or the platform, and pay by credit card⁹.

GETTING THERE

Strikes already on the calendar

Fri, Oct. 30 · Mon, Nov. 2	Spain	Quigo high-speed trains, all day ⁸
Thu, Nov. 5	France	Nationwide strike, including trains ¹³
Wed, Nov. 11	Spain	General strike; flight impact unknown ⁷
Sat, Nov. 21	Italy	Air traffic control, nationwide, 1 to 5 p.m. ¹²
Sun, Nov. 22	Italy	Malpensa and Venice airports, 24 hours ¹²
Fri, Dec. 4 · Tue, Dec. 8	Spain	Quigo, mornings and evenings ⁸
Mon, Dec. 14	Italy	Rome airports ground staff, 24 hours ¹²

Announced as of Oct. 22; more get added, and some get called off.

- **Flying in Italy on Nov. 21?** Pick a morning or evening flight. Strike rules there protect flights from 7 to 10 a.m. and 6 to 9 p.m.¹¹
- **Keep a backup.** Know the next train or flight, and book refundable when you can.

BOOKING SCAMS

Pay the safe way

- Scroll past the ads, or type the company's site yourself⁹.
- Wire, gift card, payment app, or crypto only? Walk away⁹.
- Pay by credit card, and call the hotel to confirm a third-party booking¹⁰.

FROM GO WELL · CHAPTER ELEVEN

The safety chapter, ready before your trip

The 30-minute safety setup, the Safety Traffic Light, and a cut-out emergency card, plus itineraries for Europe, Japan, Mexico, and the Caribbean.

Kindle pre-order \$4.99. Paperback and hardcover Nov. 30. Free Summer Trip Planner with pre-order: leah.travel/gowell

1. State Department, Worldwide Caution (July 22, 2026): travel.state.gov/en/international-travel...

2. State Department, Smart Traveler Enrollment Program: travel.state.gov/en/international-travel...

3. State Department, travel advisories (Oct. 22): travel.state.gov/en/international-travel...

4. State Department, Mexico advisory (May 29, 2026): travel.state.gov/en/international-travel...

5. CDC, measles and travel: cdc.gov/measles/travel/index.html

6. CDC, travel health notices (Oct. 22): wwwnc.cdc.gov/travel/notices

7. Flightright, Europe flight strikes: myflyright.com/blog/europe-flight-strike...

8. FTN News, Quigo strikes in Spain: ftnnews.com/travel-news/rail/quigo-train...

9. FTC, how to avoid a travel scam: consumer.ftc.gov/consumer-alerts/2026/06...

10. Yahoo News (Locals Insider), travel scam losses: travel.yahoo.com/advice/safety/articles/...

11. AirportStrikes.eu, ENAV Nov. 21 strike and protected flight times: airportstrikes.eu/strike/8ed18329-6ee2-4...

12. Italy Ministry of Transport, official strike register: scioperi.mit.gov.it/mit2/public/scioperi

13. Connexion France, Nov. 5 strike: connexionfrance.com/news/french-rail-uni...