

# Safety & Travel tips

## For 2SLGBTQ+ Travellers

**Backpack's assistance team can provide general safety advice for travellers and emergency assistance if you need help. We're available 24/7:**

+1 603-952-2689 | [mail@oncallinternational.com](mailto:mail@oncallinternational.com) | [www.oncallinternational.com/chat/direct](http://www.oncallinternational.com/chat/direct)

### Check the LGBTQ+ Travel Safety Index

Refer to global indexes, such as the [2SLGBTQ+ Travel Safety Index](#), to see how countries are rated in terms of 2SLGBTQ+ rights and safety. Countries like Canada and Sweden rank high, while many others may pose risks.

### Check Travel Advisory for your Destination

Visit the Government of Canada Travel Advisory website [here](#) to check for safety classifications and advice for travellers.

### Check if You're a Vulnerable Traveller

Use the My Peak app to enter your destination. It will display details of vulnerable travellers in that country including women, individuals with disabilities, 2SLGBTQ+ travellers and others.

### Traveling to Anti-2SLGBTQ+ Countries

It's possible to travel safely in some places with anti-2SLGBTQ+ laws, but it requires caution, discretion, and research.

### Understand Local Laws and Culture

Research the legal status and societal attitudes toward 2SLGBTQ+ individuals in your destination. Acceptance can vary widely, even within the same country. When doing your research, watch for laws that:

- criminalize non-heterosexual activities and relationships
- criminalize people based on their sexual identity, gender identity, gender expression, and sex characteristics.

Some countries may use laws related to "vagrancy", "public nuisance" or "public morals" to criminalize 2SLGBTQ+ people.

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## Choose Inclusive Travel Providers

Booking through 2SLGBTQ+-focused travel companies can offer safer and more welcoming experiences.

## Prepare for Border and Security Checks

Be ready for potential issues with documents, especially if traveling with gender-neutral IDs or children. Carry necessary legal paperwork and embassy contacts.

## Emergency Preparedness

Carry emergency contacts, backup documents, and have access to funds.

## Online Safety

Be cautious with your digital footprint. Authorities may monitor 2SLGBTQ+-related content and apps. Avoid sharing sensitive information online.

## Healthcare & Legal Barriers

Trans-specific health services may be unavailable, and legal protections for 2SLGBTQ+ individuals can vary widely. Always check local regulations and consider carrying documentation or support resources if needed.

## Assess Your Presentation Objectively

In some countries, wearing clothes that don't match your assigned gender at birth is illegal. While self-expression is important, safety should come first.

## Helpful resources

<https://travel.gc.ca/travelling/health-safety/lgbt-travel>

<https://www.iglta.org/destinations/travel-guides/lgbtq-safety-guide/>

<https://www.wysetc.org/advocacy/travel-safety-lgbtq-travellers/>

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