

Ted's Ten Commandments for Safe Travel at Night

1. Travel in pairs or groups.
2. Park under street lamps if possible.
3. Never help strangers at night (even if they say "please").
4. Do not park or walk near bushes, trees, or dense shrubs.
5. Watch the dark areas. Don't get fixated on bright lights (it ruins your own night vision - the predatory criminals know this - that is why they wait for you there).
6. Avoid gas stations, convenience stores, and liquor stores at night. If you **MUST** get gas or goods, park in front where you can observe for 5 minutes before going in to purchase goods. It is not good for your health to walk in on an armed robbery.
7. If you carry an item for self defense (mace, pepper spray, large flashlight, solid shaft umbrella) carry it in your dominant hand as you are walking. It will not help you if it is in the bottom of your backpack/purse.
8. Have your keys out and **READY** when you reach your car. Fumbling with keys makes you an "easy mark." Keys in a clenched fist can also be used as a weapon against an attacker's face.
9. Vary your routine. Do not walk the exact same route every night at the exact same time - this will make a stalker's job easier.
10. Keep your eyes moving as you walk. Your rods work better if they are in "scan" mode; although they see only B&W, they are superb at picking up motion.

Courtesy of former police officer and De Anza graduate Ted Kobara, R.N.