

Security Briefs – Situational Awareness Series with Resources

Part 3 – Be Prepared: Planning Ahead at Home and On the Move

Introduction

So far, we've looked at the mindset of situational awareness and how to become informed and observant. Today, we're moving to the third pillar: be prepared. As always, check the downloadable transcript for helpful resources connected to this episode.

Preparedness is what turns awareness into action. It's not enough to notice something unusual—you need to know what to do about it.

Be Prepared

Preparedness doesn't mean memorizing every worst-case scenario. It means taking time BEFORE you're in a crisis to think through how you'd respond.

Ask yourself: If something feels off, do I know how to leave quietly? Do I have a plan for where to go? Do I know who to call if something happens?

One couple kept a simple “what-if” plan posted near their door. It listed emergency numbers, rally points, and contact info for teammates. During a regional blackout, they used those very instructions to regroup with their team—and avoid confusion during a time of panic.

It's also about practicing tactical patience. If something feels risky, delay your plans. Take a beat. Waiting an extra 10 minutes can make all the difference.

Awareness in Transit

Being prepared matters even more when you're in motion—whether walking to the market, riding public transport, or driving across town.

Here are some tips:

1. Vary your routes. If you travel the same way every day, you become predictable.
2. Don't stare at your phone. Keep your head up, especially at intersections and transit stops.
3. Notice who's near you, especially if someone seems to be keeping pace.
4. Don't wear headphones when walking alone. Your ears are part of your alert system.

One expat in North Africa made a habit of walking through busy markets at midday. He usually took the same alley out the back—but one day he noticed a group of men loitering near the usual exit. He walked past them and exited through a side gate instead. Later that week, another worker was mugged in that same alley.

Preparedness is often about small, wise choices, nothing dramatic, just daily awareness and flexibility.

Now you know. In the next episode, we'll talk about what situational awareness looks like in your home and community—because awareness begins where you live.

Resources:

- Security To Go Toolkit – GISF: <https://gisf.ngo/resource/security-to-go/>
- Everyday Carry (EDC) List. Again, the writer of this blog comes from a different background than most workers, but there are some good ideas here. Just be wise, culturally appropriate, and legal in what you carry with you every day. Also, there is no need to use the specific brands listed here. Pick what makes sense for you.: <https://trueprepper.com/kits/everyday-carry-list/>