



## SWAT Spring Break 2017 Best Practices

### ❖ Travel in Groups

- ❖ **Use the buddy system** to make sure you're never alone in a foreign place. If you want to leave an event before the rest of your group, make sure you're not doing it alone.
- ❖ If no one else in your group is ready to leave yet, find a member of the SWAT Staff and we'll escort you back to your hotel or arrange a safe ride back for you. If you get separated from your group, let a member of the SWAT Staff know so we can help you track down your friends.

### ❖ Drinking

- ❖ The drinking age in Mexico is 18, but that doesn't mean you can be a train wreck in Rosarito. **Know your limits** and don't try to impress anyone – your Spring Break trip will be a waste if you're passed out in your hotel room the whole time.
- ❖ **Don't drink & drive!** Drinking and driving is not only a great way to get injured, it's also illegal – even in Mexico. NEVER operate a motor vehicle (including jet skis) unless you're completely sober. In fact, many rental companies require you to be sober to rent jet skis or ATVs, so plan your day in advance.

### ❖ SWAT Wristbands

- ❖ You'll be given a SWAT wristband when you check-in in San Diego. Do not remove your wristband at any time during your trip – it's your ticket to the event and lets the SWAT Staff, hotel staff, police, and local businesses know that you're a member of our group.

### ❖ Hotel Tips

- ❖ SWAT's relationship with our hotels are very important to our business dealings in Rosarito. Accordingly, we will not tolerate travelers disrespecting hotel staff or damages to hotel rooms or common areas. You're required to pay for all damages found to be caused by you, and depending on the severity, could be evicted from your room without subsequent refund.

### ❖ Be Respectful

- ❖ Remember that you're a guest in a foreign country. The Mexican people are very welcoming and friendly, and they appreciate the tourism dollars Americans bring to their country. However, their tolerance for being disrespected is not without limit.
- ❖ **Never urinate in public** or spit on sidewalks, and always be mindful of local norms and traditions. Always use crosswalks when walking around busy areas and **don't do anything you wouldn't want a guest in your home to do.**

### ❖ Just Say "No, Thank You"

- ❖ There's a good chance that you'll be offered drugs by local street dealers. **NEVER buy anything from anyone on the street – especially drugs.** In many cases, the local police look for tourists who buy drugs on the street, and once the sale is complete, the tourists are arrested. This is one of the most important things to remember – **NEVER buy drugs from anyone in Mexico.**

### ❖ Eat & Stay Hydrated

- ❖ In order to enjoy your trip, it's critical that you eat solid meals and stay hydrated. Between drinking and the sunny weather, it's easy to get dehydrated, so be sure to eat regularly and drink several bottles of water throughout the day.
- ❖ Your package includes a free buffet dinner at Papas & Beer each night, so be sure to take advantage of it!