Anyone who has been to Los Angeles recently knows the local economy is hurting. Because of the national financial problems, people are cutting back on vacation destinations this year. The combination of too many vacancies, home foreclosures and rising unemployment there could become a concern for visitors.

Although Los Angeles hotels have some of the best security in the world, personal protection should be a concern for all visitors, particularly those who are seniors. Of course, these tips apply to any part of the world you may plan to visit. We recently found this information in our Los Angeles hotel room, and thought we'd pass it on to our www.travel55plus.com readers. We've also added a few hints.



1. When you check in, ask the hotel front desk clerk for all hotel and local emergency phone numbers and keep them with your cell phone for quick reference. Calling 911 is the usual emergency number to call, but others within the hotel may bring quicker response. Keep your cell phone on and with you wherever you go in buildings and on the street.

1. Don't answer your hotel room door to any visitor, including those identifying themselves as hotel employees. Through the peep hole, ask for name, department and job title, and then call the front desk for verification that the person was specifically sent to your room.

2. When returning to the hotel late at night, stay in well-lighted areas and use the front entrance only. When in the parking lot or garage, be alert to any suspicious people nearby. In dark, unfamiliar areas, keep your cell phone on and in your hand, ready for instant use.

3. When in your hotel room, always close the door securely and locked behind you. When retiring for the night, use the extra locking devices for better security. Keep your cell phone on and next to you on the night table.

4. Keep your hotel key or key card in a secure place throughout the day. If you need to show it to security, front desk or anywhere else, be sure it is returned and safely put away.

5. When in shopping areas, restaurants and any other crowded public places, keep your wallet or handbag securely in your control. Wallets should be in inside pockets, preferably zipped in. Pocketbooks should be with strapped securely around a shoulder and tucked under an arm.

6. Don't call undue attention to yourself by flashing lots of cash and jewelry. Dress modestly, take just the amount of cash you'll need for the day and leave the rest of your cash and jewelry in the hotel safe.

7. If you see any unauthorized people within the hotel property or any other potentially suspicious behavior, report it immediately to the hotel front desk. It is better to take the chance to look foolish than to look into the barrel of a gun.