As far as safety is concerned the risky part of hitch hiking is crossing the road, not murderers/rapists, of course there is a small tiny chance that you will be unlucky, but it's more dangerous to be walking around the bad part of town at night. Start the journey with a few questions, find out if they are of town at night. Start the journey with a few questions, find out if they are a family person, what their work is etc. – you can quickly get a feel for if they are hiding something from you, and also tell them you re meeting someone at the other end - if it makes you feel safer. The worst thing is from lonely male drivers, I remember one guy saying "Flop one out then.", completely out of the blue. "What?" I replied genuinely having no idea what he was talking about. "Flop one of yer tits out, so I can take a photo." but a very firm "NO, Fuck off!" (sometimes repeatedly) works just fine and if you really feel uncomfortable just get out at the next good place. I always keep my passport and bank card on me after hearing a story of a friend who was hitching in France, when he left the car to get his back from the back, the guy just drove off with the door swinging open and my friend running guy just drove off with the door swinging open and my friend running behind rucksack-less.

When deciding what to take I try to think what happens if;

l get stuck – Always take water, a little food and a sleeping bag

get stuck in the rain – Take a plastic tarpaulin, or tent, a plastic bag to cover rucksack and waterproof clothes.

> get bored - a writing/reading book, tobacco and a shaky egg(small instrument type thing).

When you are in the car you have the chance to impress the driver enough that they will put you at a perfect place at the other side. At first I felt rude insisting to be put in a good place , but the pain of getting out the car and realising that you are in the middle of nowhereland, in the middle of the night, with no money for a bus back to where you want to be, can only be handled once(or twice). Petrol stations are good because there will probably be one before they come off the autobahn/ freeway, and in some gas stations there are maps showing where other gas stations are. Cities are bad for hitch hiking, easy to get into, but a nightmare to get out of. Avoid getting stuck in a city on route, but if you start in a city(or go through Budapest – no ring road) it's definitely worth taking a bus to the next small town, which is the start of the motor way on sheet in a city or go to the next small town, the start of the motor way or checking the internet for a good spot.

Most of all, Smile, Take the right stuff, ask the right questions and enjoy the beautiful view - Happy Hitching.

Before you leave you have an amzing resource at your fingertips....

...THE INTERNE

There are lots of great websites that give you infomation on where to hitch, or more importantly, where not to hitch. They are made by hitchers and everyone can contribute. I normally use Hitchwiki, as it seems to offer the most infomation. But there are lots out there, all worth taking a look at, because they offer advice for different countries.. Have a look at these....

hitchwiki.org

www.hitchbase.com

www.digihitch.com

autostopguide.com

www.abgefahren-ev.de

NAIROBI

These websites are just interesting because it's other people doing the same thing and its quite inspiring....

the789project.com

www.autostop.lt

acrobatoftheroad.blogspot.com

Route planners can be pretty essential if you don't have a map, and it's a good way of getting a really detailed look at junctions that you think might be tricky.

maps.google.com

www.viamichelin.com

maps.hitchwiki.org

...And don't forget , that if you need somewhere to stay along the way, if you are super oganised you can probably find a bed on one of these websites...

www.couchsurting.org

casarobino.org

www.hospitalityclub.org