



# Solo Travel Safety Checklist

Whether you're heading out on your first solo trip or you're a seasoned solo traveler, this safety checklist will help you stay prepared, confident, and secure every step of the way.



## Before you leave

- ☐ Purchase comprehensive travel insurance (with medical and theft coverage)
- ☐ Research local emergency numbers & healthcare facilities
- ☐ Make digital and physical copies of key documents:
  - ☐ Passport
  - ☐ Visa(s)
  - ☐ Travel insurance
  - ☐ Credit/debit cards
  - ☐ Driver's license & International Driving Permit
- ☐ Share your itinerary with a trusted friend or family member
- ☐ Set up travel alerts on your bank accounts
- ☐ Register with your country's embassy (if applicable)
- ☐ Download offline maps (Google Maps or Maps.me)
- ☐ Learn basic local phrases for help/emergency
- ☐ Join online communities (e.g. Facebook groups or Reddit) for tips



## Packing Essentials for Safety

- ☐ TSA-approved locks and/or cable lock for luggage
- ☐ RFID-blocking wallet or money belt
- ☐ First aid kit with basic meds (pain relief, stomach meds, antihistamines)
- ☐ Portable power bank



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## Packing Essentials for Safety (continued)

- ☐ Emergency contact card (physical and digital)
- ☐ Flashlight or phone flashlight app
- ☐ Whistle or personal safety alarm
- ☐ VPN app for secure internet use
- ☐ Copies of prescriptions if carrying medication



## On the Ground

- ☐ Stay aware of your surroundings (avoid distractions with phone)
- ☐ Avoid displaying valuables (jewelry, cameras, cash)
- ☐ Use well-reviewed and reputable accommodation only
- ☐ Always lock up your valuables when leaving your room
- ☐ Know local scams (search: “common scams in [destination]”)
- ☐ Trust your instincts—if it feels wrong, leave
- ☐ Be cautious when accepting help from strangers
- ☐ Avoid walking alone at night in poorly lit or unfamiliar areas
- ☐ Check-in with a friend/family member daily or every few days



## Transportation Tips

- ☐ Only use licensed taxis or official ride-share apps
- ☐ Confirm your driver's name and plate before getting in
- ☐ Sit behind the driver, not directly beside them
- ☐ Avoid sharing rides with strangers unless it's an official carpool
- ☐ Take a photo of the vehicle/license plate when boarding buses or taxis





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## Staying Social (Safely)

- ☐ Don't overshare details of your accommodation with new acquaintances
- ☐ Meet new people in public, well-lit locations
- ☐ Limit alcohol and always watch your drink
- ☐ Keep emergency contacts saved on speed dial
- ☐ Have a code word or emoji to send home in case of distress



## Emergency Backup Plan

- ☐ Know the location of your country's nearest embassy or consulate
- ☐ Have emergency cash hidden in a separate location
- ☐ Carry a local SIM or international eSIM with data access
- ☐ Have a screenshot or written note of your address in the local language



## Bonus Tip

Create a "Just In Case" envelope with photocopies of essential documents, some emergency cash, and a note with your emergency contact details.



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