

SOLO TRAVEL

Safety Tips

PLAN AHEAD



Keep copies of your passport, tickets, and embassy details with your travel documents.

Share your full itinerary with a trusted person at home.

Register your trip in your country's travel safety program (smart traveller or similar website)



RESEARCH YOUR AREA BEFORE ARRIVAL

Use Google Maps to learn the streets so you can tell if a taxi is going the right way.



KEEP EMERGENCY INFO HANDY

Add embassy info, local police/fire/ambulance numbers, and their names in the local language to your itinerary.

Look up the words 'help,' 'police,' and 'fire' in the local language.



DOUBLE-LOCK YOUR ROOM

Bring two types of door locks (portable door lock + doorstop alarm) and use them every single time.

Available on Amazon.



DON'T ANNOUNCE YOU'RE SOLO

Stay friendly but vague. Never tell strangers where you're staying or that you're alone.

Keep your hotel business card. If your phone dies, you still know how to get back.



SECURE YOUR MONEY & CARDS

Use a crossbody purse.

Keep unused cards locked away.

Use contactless/travel cards when possible.



STAY CONNECTED

Inform someone of your plans, including your route and estimated return time. Carry a fully charged phone, but be aware that cell service may be limited in remote areas



SIMPLE SELF-DEFENSE ESSENTIALS

Carry a small can of bandage spray (it functions like pepper spray), and keep a simple whistle on hand, its sound travels farther than your voice.

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CONNECT BEFORE YOU GO

Join a travel, expat, or immigrant group for tips, warnings, and local insights.



POST ON A DELAY

Share your location on social media after you've moved on. (My "first stop" photos usually go up when I'm already in the next city.)



SHARE YOUR RIDES

Whenever you take a taxi or rideshare, share the trip with someone at home.

Also carry a pocket-sized hardcopy guide, it's always useful when reception is poor.



WEAR MINIMAL OR NO JEWELLERY

You'll feel less like a target, plus, less to lose.



KNOW YOUR LIMITS WITH ALCOHOL

Have fun, but be aware, especially if you need to get yourself home safely. Avoid homebrews or moonshine, they carry serious risks of alcohol poisoning.



SECURE YOUR MONEY & CARDS

- Use a crossbody purse
- Keep unused cards locked away
- Use Apple Pay/contactless when possible



MOVE WITH CONFIDENCE

Walk like you belong. Don't look lost.

Follow local advice on where not to walk, and if someone says "take a taxi after dark," take a taxi.



TRUST YOUR GUT, ALWAYS

If something feels off, leave!

No hesitation, no apology.

Avoid doing things you wouldn't normally do at home (ex. walking alone downtown at 2:30 a.m.).

Common sense keeps you safe!