

Traveling Solo

Traveling alone can be empowering, freeing, and deeply memorable. You get to go where you want, when you want, but solo travel also calls for a little more awareness and preparation. This isn't about fear; it's about being informed, intentional, and ready for the unexpected so you can fully enjoy the experience.

Prepare Before You Go

Good preparation reduces risk long before your trip begins.

- Research your destination's neighborhoods, transportation options, and cultural norms.
- Save local emergency numbers and embassy or consulate contacts in your phone.
- Choose lodging with strong reviews and 24/7 front desk support when possible. A small thank-you note or modest gift for front desk staff can go a long way; they're often your best local resource.
- Share your itinerary with a trusted friend or family member, including flight details, lodging information, and general plans.

Pack With Intention

When you're traveling alone, there's no one to borrow essentials from, so smart packing matters.

- Keep digital and printed copies of your passport, ID, insurance, and key documents.
- Carry a compact emergency kit: medications, basic first aid items, a portable charger, and a small flashlight.
- Use RFID-blocking wallets or bags to help protect cards and passports.
- Pack clothing that blends in locally and avoid flashy or high-value items that draw attention.
- Consider a cross-body bag or money belt that keeps valuables secure and close to your body.

Stay Aware of Your Surroundings

Situational awareness is one of your strongest safety tools.

- Walk with purpose and confidence, even when you're unsure of where you're going. This helps to avoid looking like a "victim" to those searching for them.
- Avoid distractions like loud headphones or constant phone use while walking. Keep your head up and scan the area around you.
- Trust your instincts. If something feels off, change direction, leave the area, or seek help.
- Take mental notes of exits, well-lit areas, and places with people around.



Make Your Lodging a Safe Base

Your hotel or rental should feel like a secure home away from home.

- Request rooms on floors 2–6, which are harder to access from outside but still easily reachable by first responders.
- Check door locks, windows, and peepholes when you arrive. Covering the peephole can prevent someone from looking in.
- Use the deadbolt and security latch every time you're inside.
- Avoid saying your room number out loud in public spaces or where others can overhear.

Stay Connected

Solo doesn't mean isolated.

- Use location-sharing features with trusted contacts.
- Check in regularly with someone at home.
- Keep your phone charged and carry a backup power bank.
- Download offline maps, translation tools, and transportation apps in case service is limited.

Trust Your Boundaries

You don't owe anyone your time, attention, or personal information.

- Politely decline unwanted conversations or invitations.
- Avoid sharing details about where you're staying or where you're going next.
- If someone makes you uncomfortable, step into a store, hotel lobby, or other populated space.

Plan for Emergencies

A little planning goes a long way.

- Know the location of the nearest hospital, police station, and pharmacy.
- Keep a small amount of emergency cash hidden separately from your wallet.
- Have a plan for what to do if your phone is lost or stolen.
- Learn basic self-defense principles that focus on awareness, escape, and getting to safety rather than confrontation.

Traveling alone is one of the most rewarding ways to see the world. With thoughtful preparation and situational awareness, you can travel independently, confidently, and fully present in your adventure.