

SAFETY TIPS

FOR SOLO TRAVELS

Travel
with
confidence!

HOW TO MAKE YOUR SOLO TRAVELS SAFER

Have you ever been concerned about keeping safe and healthy when away from home? Are you nervous about taking your first trip solo? You're not alone.

I've travelled to more than 27 countries, often solo, and I know that there are real safety issues that need to be considered.

This guide is written from my point of view as a straight woman who has travelled in her 20s, 30s, 40s and 50s! Sometimes I'm totally solo, sometimes I'm with friends, sometimes I'm on small group tours, but at some point on every trip I'm by myself. These are the ways I've learned to keep myself safe.

It's important to say that there's no such thing as a perfectly safe place. The best things you can do are stay aware and take precautions. Start with what makes sense to you and before you know it, much of this will become second nature.

The most important tip of all is to trust your own gut. The common sense that serves you well at home will come in handy wherever you go. Now go live your life of adventure!

Wishing you safe travels,

A handwritten signature in black ink that reads "Lisa". The signature is written in a cursive style with a large, looping initial "L" and a long, sweeping underline.

KNOW BEFORE YOU GO



A little effort before you leave can set you up for a much more relaxing and safe trip

- Research your destination: ask friends, family and colleagues who have been or lived there if it's safe to travel alone.
- Read your government's travel advisories to learn about local scams, no-go zones, health risks, etc.
- Buy medical insurance and health insurance.
- Save emergency contacts (the local 911, etc.) in your phone.
- Photocopy your passport, bank cards and other IDs and keep copies in different places, including the Cloud or your email.
- Send your itinerary and insurance info to friends/family.
- Plan a flight/train that arrives in daylight.
- Book an airport transport: the security and comfort is worth the extra money.
- Learn local language basics. (Hello, Please/Thanks, Help, etc.)
- Alert your bank (if you are going to a new country) so they don't freeze your account for suspicious activity.
- Download WhatsApp, the standard for connecting with others internationally. Then get ready to share your awesome trip pics!

Women and LGBTQ+ travellers can find specific advice in government travel advisories about local laws and safety tips that are important to know before you go.

WHAT TO PACK

Essentials for every type of trip

- Airtags: the game changer for tracking your luggage!
- Battery pack: never leave your phone unattended to charge it.
- Multiple credit cards and/or bank cards: don't get stuck if one is cancelled or stolen, or simply doesn't work in another country.
- Crossbody purses: Backpacks are overrated! With these you can keep your hands and eyes on your items.
- PacSafe: they make all kinds of bags with locked zippers and slash-proof straps. A good investment.
- Door jammer/alarm.
- Clothing that fits the culture. Do your research about local dress codes and pack accordingly. This applies to all genders but women especially may need to dress more modestly.
- Hands-free light: useful when camping, or rummaging through your pack in a hostel after dark.
- E-SIM: no more high roaming charges to access the security of being online.

HOTELS, HOSTELS AND AIRBNBS



Staying safe while you sleep

- Pick a hotel with 24/7 front desk staff.
- Avoid sharing your marital status in your reservations.
- Use the room safe (hotels) or lockers (hostels) for valuables.
- Carry the hotel's business card: you'll be able to ask for directions back, whether or not you have wifi/cell service.
- Hotel bars are great for a night "out" without wandering the streets (or spending money on taxis). And when you are tired you can be in your room in minutes.
- Lock your Door. Use the extra lock, too. Every time.
- Women budget travellers, look for hostels with single-gender dorm rooms.
- Check for hidden cameras in your AirBnb. Sadly, all too common.
- Leave old-school keys with the name of the hotel and room number on them with the front desk when going out.
- Have a back-up plan. What if your accommodation doesn't work out?

HARASSMENT AND ASSAULT

The risks are real. But you can protect yourself.

- Share Live Location on your phone with friends/family at home.
- If a local tells you to hire a bodyguard, please do this.
- Don't share your actual location on Social Media: You can still do it for the 'gram but resist the urge to post photos tagging your hotel until after you've left.
- Take an Orientation Tour where you can get acquainted with the area during daylight.
- Ignore anyone who tries to tell you your destination is closed, a popular scam to get you to another location.
- Drink alcohol in moderation (or not at all).
- Mind your drinks, and your friends' drinks.
- Keep your phone charged. If it drops below 20%, head back.
- Hook up safely. Remember the precautions you take at home.
- Don't tell strangers your departure date. This includes staff at resorts. Sexual assaults may be more likely to take place on a traveller's last night on a resort.

The Government of Canada advises if you have been sexually assaulted abroad to report it immediately to the nearest Canadian government office. Don't allow hotel management or tour operators to manage the issue internally. After you have spoken with consular officials, contact the local police and file a report.

TAXIS AND PUBLIC TRANSPORTATION



Don't be scared off. Do be vigilant.

- Don't cheap out. It's not worth the savings if it makes you unsafe.
- Only use legal taxis or rideshares: Don't take rides from random guys on the street, especially around train or bus stations.
- Sit beside women on crowded buses, subways, trains, etc.
- Use women-only transport when available. Look for these in India, Egypt, Brazil, Japan, Mexico, Indonesia, and the UAE.
- Sit on the side of bus where you can see your luggage, or store your luggage where you can keep an eye on it.
- Place a bag between you and strangers on overnight rides.
- Keep valuables close, like in a money belt under your clothes for passport, money and ID. I've also wrapped my laptop, camera or other valuables in a backpack and used that as a pillow.
- Do not hitchhike. Period.
- Be vigilant on your way back to the airport. Thieves prey on travellers they know are carrying all of their belongings and are hyperfocused on getting to their plane on time.

THEFT AND CRIME

A bit of prevention can save you money and headaches

- Research local scams. YouTube has lot of helpful videos but also ask hotel staff when you check in.
- Don't use your back pockets.
- Stash some emergency cash.
- Be careful in crowds. Places where tourists gather are hunting grounds for pickpockets, who often work in groups. Be alert if someone tries to distract you, a partner may be robbing you.
- When taking out money, try to use only ATMs at banks or in your hotel, during daytime.
- Leave flashy jewelry at home.

HEALTH AND WELLNESS

Strong body and mind equals safer adventures

- Get vaccinated: you may need nothing at all or you may need a lot. Ask your doc, at least two weeks before departure.
- Pack your prescriptions in their original bottles. And bring extra.
- BYO protection. Condoms are not always available worldwide.
- Ditto menstrual products.
- Can you drink the water? Err on the side of caution.
- Mask up: If the pandemic taught us anything it's that a medical/N95 mask can reduce the spread of germs. Keep yourself and others safe if you are feeling sick or in a crowded place like an airport.



LIISA LADOUCEUR

Current Hometown

Toronto, Canada

Favourite Places

Paris, Iceland, Morocco, Mexico

Stay Connected



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[@liisagothica](#)

About Me

I'm a curious woman who likes to wander and wants to help you live a life of adventure.

I started my blog Liisa Wanders to share lessons I've learned as a solo female traveller and honest reviews of our weird and wonderful world. Thank you for reading and please stay in touch!

Explore more travel tips

[10 reasons hotels are better than Airbnb](#)

[What to expect visiting the Taj Mahal as a woman](#)

[10 reasons to travel with your friends](#)

[How to pick the best small group tour for you](#)

[18 Dos and Don'ts for good day spa etiquette](#)

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