

# SAFETY TIPS FOR SOLO TRIPS

## TRUST YOUR INSTINCTS

If it doesn't feel right, it probably isn't. Always trust your gut. If you're in a situation where you feel uncomfortable look around for a way to safely exit. You're not obligated to stay anywhere if it's going to compromise your safety.

## EXCHANGE CURRENCY IN ADVANCE

It's best to try and avoid cash at all if possible whether you're travelling domestically or internationally. Travel credit cards that you can load your destination currency onto are widely available these days but if you do need foreign currency, exchange it at home before you leave.

## DON'T TAKE TOO MANY SUITCASES

When I first started travelling I had a gigantic suitcase. Then I had two medium ones. Now I travel with a personal item, a carry on bag and a medium suitcase for longer trips. It keeps the amount of things you have to wrangle at a minimum making it less likely someone will take one!

## NEVER TELL ANYONE YOU'RE TRAVELLING ALONE

Occasionally, you may need to tell someone you meet on your travels that you're travelling alone but keep those people to a minimum. Unfortunately, people that are up to no good are looking for people who travelling alone so keep that info on a needs-to-know basis.

## STAY CONNECTED

Always give your family or friends your itinerary including your flights and other transport, your accommodation and any group or day tours you've booked. Check in with them every time you get to your destination or get back to your hotel room so someone always know where you are.

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## KEEP YOUR PHONE USAGE TO A MINIMUM

By all means use the GPS on your phone to navigate and keep your documentation and event tickets on it as well, but try to keep your phone usage to a minimum when you're out in public. Being glued to your phone keeps you distracted and makes it obvious you're not a local.

## LEAVE YOUR HEADPHONES IN YOUR HOTEL ROOM

Using your headphones while navigating your destination leaves you distracted at best and unaware of your surroundings at worst which may mean you miss any warning signs. If you want your headphones to keep people from talking to you, don't play anything on them.

## USE A CROSSBODY BAG

A crossbody bag is your best bet when you're out and about during the day. Make sure it's one with a zipper and with straps that are fully attached to the bag and can't be unclipped. There are plenty on the market now with extra safety features like cut resistant straps.

## STAY IN A WELL REVIEWED HOTEL

I know AirBNBs are super popular these days but they can be safety nightmares. A reputable hotel is much safer as a solo traveller especially if the unfortunate happens and you have an emergency. Even still, don't give your hotel room number out and stay vigilant for lurkers.

## KEEP CALM AND BE AWESOME

I know a lot of these tips may be anxiety inducing but the most important thing you can do safety wise is be outwardly calm while out in public and stay awesome. That will give you an air of confidence that you can call on if the worst happens. Don't be afraid to be loud if you need to!