

SOLO FEMALE SAFETY TIPS

@DESTINEDFORADVENTURE

READY TO START YOUR JOURNEY?

Let someone you trust know where you are by using an app like [Life360](#) and sending relevant details too. This could include accommodation contact information, what time you expect to be home, a local contact in case you don't arrive, and details of the place you will be visiting.

SAFETY FIRST

Be prepared. Bring your identification or a copy, some extra cash, your phone, and essentials like a water bottle, snacks, and a sweater/rain jacket when you get out. Don't forget to download the offline maps for the cities you are visiting. Check out [Google Maps for iPhone](#) or [Android](#).

Bring something to make you feel safe, such as pepper spray, a self-defense keychain, or a pocket knife if it's legal to do so.

Get travel + medical insurance! It can take care of all sorts of unexpected costs, so before you go, pick a policy that best suits your travel adventures.





DO YOUR RESEARCH

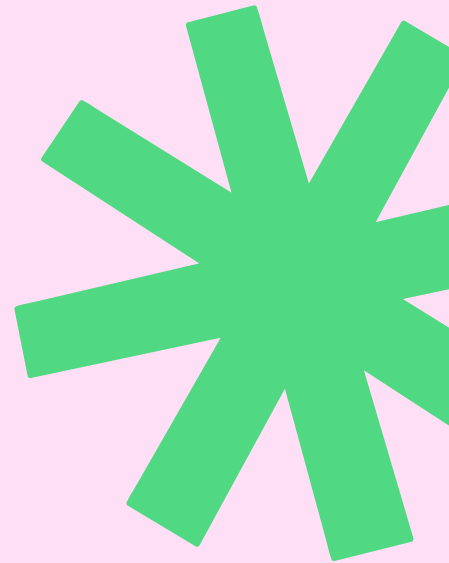
Research the local area and see what to be aware of, the best times of day to be out, the safest forms of transportation, etc. When in doubt, ask a local contact you trust, such as your accommodations host. Download the May Day app, which allows you to automatically send an alert to those you elect as to your whereabouts.

BLEND IN LIKE A LOCAL

Be aware of your surroundings. Look up periodically, keep an eye on your personal belongings (don't leave them unattended), and take out at least one headphone when walking in public or using public transportation.

Consider blending in! Research, or take note of what the locals are wearing, so you can blend in, and not attract a lot of unwanted attention as an obvious tourist. Don't flaunt your valuables. Dress in comfortable normal clothes and consider leaving your expensive jewelry, fashion, and electronics at home for safety.

Looking for wifi? Check out the WiFi finder + map app on iPhone & Android!



TRUST YOUR GUT!

Trust your gut. If something feels off, listen to your intuition and get out of there. Period. Remember that no is a complete sentence and you don't have to justify yourself or do anything you don't feel comfortable with.

And lastly, don't forget to stay in touch with your friends and contacts back home!