

## **SAFETY FIRST**

Travelling Solo means you have only yourself to rely on. You need to be organized.

1. Photo of your passport on your phone and send to three people. If you lose your passport the embassy will reissue a new passport in HOURS!
2. Photos of credit cards, licence, insurance on your phone and shared with someone at home. I also print a copy of cards, passport, insurance.
3. Detailed itinerary, on phone and printed out again shared with a friend (more on itinerary in FAQ)
4. Your passport, one charge card and \$200 stored next to your body...ALWAYS. I like a soft bum pack. Never have your passport in your Day Bag
5. Your Day Bag has just enough money for the day, one credit card, so if it is stolen it's just a matter of cancelling the credit card
6. Guard your phone....not a bad idea to attach your phone to your body and never wander tourists sites with your phone on display. If you need the GPS, be smart, stand close to a wall or enter a store. Careful taking photos. Use Esim cards so you have service all the time from the second you arrive. Know the local emergency number. It may not be 911.
7. Divide your cash and cards into three places so if one is stolen it doesn't ruin your trip
8. Leave your jewellery at home. Try to blend in dressing conservatively and be respectful of other cultures
9. Pack only what you can carry....(more on that in FAQ) You need a secure lock for your bag on trains and buses
10. Trust your instincts, watch for Red Flags and remove yourself or ask for help.
11. Book accommodation your first night (or two) to relax and slowly explore this new adventure. I also ask my accommodation to arrange a taxi and I don't care what that costs as it is such a safe feeling to have someone collecting you at the Airport and taking you to your pre-booked apartment or hotel. If I'm arriving late I ask for TWO phone numbers as I have had several annoying late arrivals to my apartments. Staying in a Hotel with a 24hr front desk would solve this, but, I love renting apartments. Hotels are for Airport quick stays, for me.
12. No one needs to know that you are Solo....Lie! Even when dining Solo, your travel buddy is "Not feeling well, arriving late, Etc" be creative and safe. Never leave your drink or food unattended.
13. Never accept friendly offers of transportation. Use Ubers, taxis, hotel drivers. I often arrange private tour drivers from my hotel with great success.
14. If assaulted, contact your Embassy/Consulate as they are there to help you. I have the Canadian international contact on WhatsApp and unfortunately have had to use their help several times over the years.