

Solo Female Safety Matrix

Practical routines from years of solo budget travel, EVS placements, and backpacking across 25+ countries. Print this and keep it in your travel folder — check items off before each new leg of a trip.

Before You Leave

- Share your full itinerary (flights, accommodation addresses, check-in dates) with one trusted person at home.
- Screenshot your passport, visa, travel insurance policy, and accommodation confirmations — store offline in a password-protected folder, not just in your email.
- Download offline maps (Google Maps offline areas or Maps.me) for every city on your route before you lose signal.
- Register with your embassy's traveler program if one exists for your destination.

Arriving Somewhere New

- Book your first night's accommodation in advance, even if you plan to wing it after — never arrive somewhere unfamiliar with nowhere confirmed to sleep.
- Avoid arriving at night when possible; if you must, pre-arrange a pickup or a well-reviewed licensed taxi rather than hailing one on the street.
- Note your accommodation's address in the local language/script before you leave the airport or station.
- Identify the nearest hospital and police station within your first hour of arrival.

Daily Habits

- Keep a small amount of backup cash separate from your main wallet, in a different bag or hidden pocket.
- Check in with someone at home on a predictable schedule (e.g. daily, even just a one-word message).
- Trust your gut over politeness — it's always okay to leave a situation that feels wrong, even if it seems rude.
- Keep your phone charged above 50% when out; carry a small power bank on travel/transit days.

Accommodation

- Prefer places with 24-hour reception or a lockable door with a working deadbolt, not just a padlock.
- Read recent reviews specifically mentioning solo female travelers, not just overall ratings.
- Know your exit routes (stairs, fire exits) on arrival at any guesthouse or hostel.

If Something Feels Wrong

- Have your embassy's phone number and local emergency numbers saved offline, not just bookmarked online.

■ Learn the local words for "help" and "police" before you arrive.

■ If you feel followed, walk into the nearest open shop, restaurant, or hotel lobby rather than continuing toward your destination.