

# Solo Travel Safety Essentials Checklist

## 1. Important Documents:

- Passport
- ID
- Travel insurance
- Emergency contacts

## 2. Itinerary and Emergency Information:

- Detailed travel itinerary
- Emergency contact numbers
- Addresses of local embassies or consulates

## 3. Communication Tools:

- Local SIM card
- Smartphone and charger
- List of essential phrases in local language

## 4. Financial Security:

- Credit/debit cards
- Emergency cash
- Money belt or hidden pouch

## 5. Accommodation Details:

- Reservation confirmations
- Address and contact information
- Emergency exit routes

## 6. Health and First Aid:

- Necessary medications and prescriptions
- First aid kit (bandages, pain relievers, etc.)
- Insect repellent and sunscreen

## 7. Travel Gear:

- Backpack or daypack
- Anti-theft travel gear (money belt, secure backpack)
- Portable charger/power bank

**8. Cultural Awareness:**

- Research on local customs and traditions
- Appropriate clothing for cultural sensitivity
- Understanding local social norms and taboos

**9. Safety Measures:**

- Personal alarm or whistle
- Copies of essential documents stored digitally
- Portable door lock for added security in accommodations

**10. Navigation and Technology:**

- Map of the area
- GPS-enabled smartphone apps
- Virtual Private Network (VPN) for secure internet access

**11. Emergency Medical Information:**

- Allergies and medical conditions documented
- Identification of local medical facilities

**12. Self-Defense Items (optional and legal):**

- Personal Alarm
- Flashlight or headlamp
- Basic self-defence training (if applicable)

Adapt this checklist based on your destination, travel duration, and personal needs. Prioritizing safety ensures you can fully enjoy a solo travel adventure with confidence. Safe travels! 🌍 ✈️

#salmansttimeout #AdventurePreparedness