

Solo Traveller Safety Checklist

Decide the shape of your trip

- Confirm your dates for a new city; keep one backup date if possible.
- Make a realistic 5-day route, including arrival and departure time.
- Pick your two must-do experiences and leave some free time.

Book and verify

- Compare the final price and total travel time from your origin to a new city.
- Use the exact ID or passport name on every transport booking.
- Check cancellation and refund rules before paying.

Documents and money

- Check every travellers government ID or passport before booking.
- Save offline copies of IDs, tickets, insurance and bookings.
- Carry a paper copy of emergency contacts and the first stay address.

Health, safety and communication

- Check current health and weather advice for the destination.
- Pack prescription medicines in original packaging, with extra for delays.
- Carry a small first-aid kit suited to your activities.

Pack for the actual itinerary

- Choose clothing by day and activity; remove duplicate just in case items.
- Pack comfortable footwear you have already worn.
- Carry suitable protection from sun, rain or cold.

Solo Traveller Safety Checklist - continued

Transport-day checks

- Recheck station name, platform guidance, coach and boarding point.
- Carry food and water appropriate to journey length and onboard availability.
- Keep luggage locks and essential items accessible without blocking aisles.

Traveller-specific preparation

- Share a daily check-in time and avoid publishing live location publicly.
- Research safe arrival transport, especially for late-night or unfamiliar stations.
- Keep one backup plan for accommodation, connectivity and payments.

Activities and destination checks

- Research arrival transport and accommodation access before reaching an unfamiliar place.
- Set a private daily check-in routine with a trusted person.
- Avoid displaying live location, room number or solo status publicly.

Final 24-hour check

- Recheck live transport status, weather alerts and provider messages.
- Charge devices and power banks; download tickets, maps and entertainment.
- Confirm documents, medicines, wallet, keys and essential hand baggage.