



FEMALE SOLO TRAVELER SAFETY CHECKLIST



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Travel Safety Gear On Amazon

These are items I recommend.

1. [Personal Safety Alarm Keychain – KOSIN Safe Sound Personal Alarm \(3-pack, 145 dB\)](#)
2. [Rechargeable Personal Alarm – Vantamo Personal Alarm](#)
3. [Portable Door Lock – Addalock The Original Portable Door Lock](#)
4. [Heavy-Duty Stainless Portable Lock – Trustella Stainless Steel Portable Door Lock](#)
5. [The Original Emergency Keychain Car Escape Tool, 2-in-1 Seatbelt Cutter and Window Breaker](#)



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Inside Your Hotel/Airbnb Room

- Use a portable door lock or door stop alarm before settling in.
- Keep the chain lock engaged when someone knocks.
- Have your personal alarm within arm's reach by the bed.
- Maintain room lighting (hall or interior) to avoid dark corners.

Traveling at Night (Taxis/Ubers/Public Transit)

- Sit in the back seat, track your ride, and share trip status.
- Keep your pepper spray or alarm accessible.
- Avoid walking with headphones—stay alert.
- Choose well-lit paths and public areas—don't take shortcuts.

Safety in Crowds (Markets, Festivals, Transit Hubs)

- Carry a personal alarm, ready to activate.
- Use a crossbody or anti-theft bag (zip-closable, slash-resistant).
- Keep valuables hidden or close, use decoy wallets if needed.
- Be aware of your surroundings; "pickpocket-proof" yourself.

Airport & Plane Travel

- Attach your personal alarm to your carry-on or tote.
- Keep pepper spray in checked luggage if permitted.
- Carry vital documents in RFID-blocking sleeves.
- Share your flight info and exact pick-up details with someone.

Road Travel / Driving

- Keep a seatbelt cutter/window breaker in the glovebox
- Always lock doors and windows, even in remote stops.
- Park in well-lit, visible areas whenever possible.