

**5 ESSENTIAL STEPS YOU NEED TO KNOW
SO THAT YOU CAN TRAVEL SOLO SAFELY
AND LEAVE THE ANXIETY BEHIND**



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Hi and welcome to my traveling solo safely guide.

As a solo female traveler, it is paramount that you keep safe while letting loose as you enjoy amazing experiences during your travels.

I have solo traveled for 5 months around Europe and South East Asia and this is my experience on how to keep safe while you are out there in the world.



Why travel solo?

*Because you are the
best company you can ever have!*

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Plan your travels and excursions

It goes without saying that you need to do some planning before you set off.

I would recommend the minimum amount of planning to do is to book your transport to your destination (obviously), book an accommodation for at least one night, and plan transport from your port of arrival to your accommodation. Anything more than that is a bonus and is something you can map out when you arrive at your destination.

However, if you would like to make the most of your trip you would need some more planning.



It is easy to fall victim to wanting to join groups and see what others are doing. Resist the temptation! This is your solo travel experience and spending time on your own is part of it.

You can meet up with people on tours and excursions but do not make it the whole theme of your holiday. Good resources to book day trips are Viator, Airbnb activities, and Trip Advisor.

I planned my trips in a way that I would spend 2-3 days in a city on my own exploring and an additional day to go on a group trip to meet and mingle with other travellers at that destination.

Being part of a group is not necessarily a good thing, always have your guard up and do not trust any smiley face around you.





Protect your valuables

Money

I do not tend to carry cash when I'm solo traveling or traveling in general. There are very few venues left in the world that still trade with cash, majority of outlets, shops, restaurants, vendors etc have card machines or would take Apple/Google pay, even if not there will be an ATM around the corner somewhere.

I'm a big fan of the Monzo card, which is a prepaid master card, so you have all the features of a credit card but you determine how much money you put on it. The exchange rates are favourable, and it comes with a phone app that makes tracking your spending very easy as well as things like sending money to a friend, topping up the card or splitting the bill with someone.

Passport, phone, etc...

Those would be the other two important things to keep safe while you are on the go. I always say if you have your passport, phone, and some money, you can always find your way in life, and also your way back home!

You can try using a money pouch to keep your belongings safe, I have tried a few, not impressed overall. They are difficult to access when you are in public and need to buy something or use your phone and they are not comfortable in hot weather. From trying different things, I found a cross body bag or a messenger style bag, for men or women, is the best way to keep your valuable items safe.

You can always rest a hand on the bag to make sure the bag and its contents stay with you all the time.

Note: Antitheft backpacks are a good alternative if you would be carrying other items as well, like a camera or a laptop. It goes without saying, the less valuables you carry the better. Do not leave them in your check-in luggage, or hold luggage, they should always be in your sight and at an arm's length. You can leave items locked in the hotel safe if you do not need them on the day. For water sports, invest in a waterproof pack if you must carry valuables while doing the activity.

Useful apps on the go

Life360: a geo location app that keeps your family or friends updated as to where you are in the world. You can switch it on or off at any time. You would need a network connection for it to be active. Useful feature is to set emergency contacts and send an emergency alert if you are in trouble.

Bag BnB: have you ever left your accommodation and still had time to kill before you need to travel back but dont want to lug your suitcase with you? Well, in that case use this app to find out where you can leave your bag if leaving it at the accommodation lobby is not convenient.

Google apps: both Maps and Translate are life savers! Download a map of the city/area and the language ahead of time to use offline.



Useful resources and tips

- Find Solo Travel Facebook groups, they are useful to connect with other travellers or seeing what others do to draw inspiration.
- Meetup app is a great resource to find like-minded people.
- Why not download some books/audibles and some podcasts on your smart device and invest some time in learning and self-development or even just leisurely reading by the pool?
- Invest in your safety, pay a little extra to get that taxi or transfer, for the hotel with better looking neighbourhood and better ratings. The little that you save would not be worth it, I have been there!
- Keep copies of your passport, a couple of ID photos and a written record of important phone numbers (in case you lose your phone).

What else can you do to stay safe?

- Make sure you blend in as much as possible, avoid strong statement colours, or a dress code that is not common among the locals. Pick pocketers are less likely to pick on you if they cannot spot you are a tourist. Simple things like taking a raincoat instead of a plastic poncho can make a big difference.
- Do not forget to make plans to visit the travel clinic in good time prior to departure, and make sure you have your necessary medications with you.
- Make sure you have travel insurance. If we have learnt anything from 2020. It is don't take your health for granted! You never know what is going to happen, travel insurance also is very important if you are going on an adventure trip.
- I will always check what the emergency services number is for the country I am visiting.
- Do stay in public areas and avoid being too far away from your accommodation at night-time.
- Stay sober and check in regularly with friends or family.

Want more help planning or getting travel insurance with COVID cover?

Need advice on places to visit and activities?

*Feel free to get in touch
www.elevatewithola.com
and we'll put something together for you*



If you have any questions or want to connect and follow more content- you can find me on

 *Ola Abbas*

 *Ola.a.travel*

www.elevatewithola.com



*Don't be the one that
wonders how
Be the one that shows
the world why!*