STRIKE FIRST GUARDIAN

TRAVEL · FREE GUIDE

Traveling Alone Safety Guide

Traveling solo is freeing. A little planning lets you enjoy it with confidence, wherever you go.

BE READY. STAY AWARE. From the instructors at Strike First Fitness

Before you go

- [ ] Share your itinerary — flights, lodging and plans — with someone at home.
- [ ] Read recent reviews of your lodging and neighborhood, especially from solo travelers.
- [ ] Save local emergency numbers (911 doesn't work everywhere) and your country's embassy.
- [ ] Keep digital copies of your ID and cards somewhere secure.

Your lodging

- [ ] Ask for a room above the ground floor and away from the elevator if possible.
- [ ] Don't say your room number out loud at the front desk.
- [ ] Use every lock; a doorstop adds another layer.
- [ ] Find the stairwells and exits when you arrive.

Getting around

- [ ] Use official taxis or rideshares. Match the plate, car and driver before you get in.
- [ ] Sit in the back and share your trip with someone.
- [ ] If the route feels wrong, speak up — and ask to be let out somewhere busy.
- [ ] Arrive in new places during daylight when you can.

Out and about

- [ ] Look like you know where you're going; check maps inside a shop.
- [ ] Carry only what you need. Split cash and cards.
- [ ] Be wary of overly friendly strangers, unsolicited help and "you dropped something."
- [ ] Know your limits with alcohol in unfamiliar places.

My travel check-in plan

Contact at home: _____ Phone: ____

Daily check-in time: _____ Local emergency num

Lodging address: _____

PUT IT IN YOUR POCKET

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Live location — Let family follow along while you explore, until you choose to stop.
Scenario drills — Practice situations like a rideshare that goes off route.
Check-in — Send an "I'm okay" text in one tap.

strikefirstguardian.com — coming soon to iPhone and Android

General safety information, not a guarantee of safety or a substitute for professional training. Strike First Guardian is not an emergency service. **In an emergency, call 911.**

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