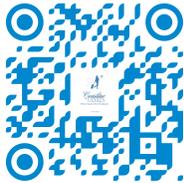


How to Feel Safe as a Solo Female Traveler in a New City

The Ultimate Confidence Checklist

BEFORE YOU GO: Pre-Trip Safety Setup	WHEN YOU ARRIVE: First-Day Smart Moves	EXPLORING THE CITY: Daily Awareness
<ul style="list-style-type: none"> <input type="checkbox"/> Research neighborhood safety + areas to avoid <input type="checkbox"/> Book accommodations with strong recent reviews <input type="checkbox"/> Screenshot hotel address + reservation details <input type="checkbox"/> Share your itinerary with a trusted contact <input type="checkbox"/> Turn on location sharing with someone you trust <input type="checkbox"/> Save emergency numbers in your phone <input type="checkbox"/> Download offline Google Maps <input type="checkbox"/> Pack a portable charger <input type="checkbox"/> Pack a door-stop alarm or personal safety alarm <input type="checkbox"/> Bring a discreet crossbody bag 	<ul style="list-style-type: none"> <input type="checkbox"/> Get oriented in daylight if possible <input type="checkbox"/> Identify nearest pharmacy + grocery store <input type="checkbox"/> Locate nearest police station or hospital <input type="checkbox"/> Test your room lock + deadbolt <input type="checkbox"/> Keep curtains closed at night <input type="checkbox"/> Avoid saying your room number out loud <input type="checkbox"/> Carry only what you need 	<ul style="list-style-type: none"> <input type="checkbox"/> Walk with confidence (even if you feel unsure) <input type="checkbox"/> Keep phone charged + easily accessible <input type="checkbox"/> Use headphones sparingly (stay aware) <input type="checkbox"/> Avoid oversharing location on social media in real time <input type="checkbox"/> Trust your intuition - always <input type="checkbox"/> Sit near other women or families when dining alone <input type="checkbox"/> Order rideshares inside buildings, not curbside <input type="checkbox"/> Double-check license plate before entering rideshare
AFTER DARK: Smart Solo Habits	CONFIDENCE REMINDERS	
<ul style="list-style-type: none"> <input type="checkbox"/> Stick to well-lit streets <input type="checkbox"/> Avoid shortcuts through empty areas <input type="checkbox"/> Limit alcohol intake when alone <input type="checkbox"/> Keep your room key accessible <input type="checkbox"/> Have a backup plan to get back safely <input type="checkbox"/> Text someone when you're back at your hotel 	<ul style="list-style-type: none"> <input type="checkbox"/> You are capable <input type="checkbox"/> You are aware <input type="checkbox"/> You are not "paranoid" - you are prepared <input type="checkbox"/> You deserve to explore boldly 	<div style="text-align: center;">  <p>© Coastline + Castles 2026</p> </div>