

Women Travellers - Summary Checklist



1. Know Your Profile

- Appropriate clothing
- Consider a wedding ring
- Learn key phrases in the local language

2. Do Your Research

- Local customs, culture and etiquette
- Risk zones
- Local support network: contact details for friends, colleagues, hotel etc

3. Be a Hard Target

- Don't advertise that you're travelling alone and minimise travel alone or after dark
- Ensure your hotel room as a peephole and a deadlock

- Ask your hotel or trusted contacts for advice on local ground transportation such as taxis etc
- Communicate frequently

4. Confidence is Key

- Trust your instincts
- Don't be afraid to say "no thank you"
- Walk with confidence and act with purpose

5. Stay Calm

- Reach out for help from others around you
- Try to ignore comments and keep calm and controlled
- Avoid eye contact
- Don't resist parting with your possessions