

SOLO WOMEN TRAVEL CHECKLIST



- Passport
- Visa (if required)
- Travel insurance documents
- Itinerary
- Local currency and credit/debit cards
- First aid kit
- Prescription medications
- Whistle or personal alarm
- Maps
- Power bank/portable charger
- Travel-sized toiletries
- Travel towel
- Padlock for luggage
- Daypack or small backpack
- Reusable water bottle
- Travel pillow
- Earplugs or noise-canceling headphones
- Personal hygiene products
- Menstrual hygiene products
- Travel-friendly games
- Downloaded movies
- Travel-size sewing kit
- Travel Apps
- Eye Mask
- Flashlight
- Comfortable walking shoes
- Modest clothing
- Photocopies of important documents
- Mobile phone with charger
- Local SIM card or international roaming plan
- VPN (Virtual Private Network) app
- Sunglasses
- Travel-sized laundry detergent
- Travel journal and pen
- Snacks
- Travel umbrella or raincoat (depending on the weather)
- Ziplock bags (for storing snacks, wet clothes, etc.)
- Universal travel adapter
- Sandals
- Hat
- Sunscreen
- Swimwear
- Sleepwear
- Doorstop alarm for hotel rooms
- Portable door lock
- Guidebooks