

Travel Safety Checklist

Before you go, while you're there, and getting home safe

Whether it's a business trip or vacation, unfamiliar places require extra awareness. This checklist covers pre-trip preparation, in-destination safety, and getting home without incident.

Before You Leave

Planning & Research

- ☐ Researched the area: safe neighborhoods, areas to avoid
- ☐ Saved hotel address and emergency numbers in phone (works offline)
- ☐ Shared itinerary with someone who's not traveling with me
- ☐ Checked travel advisories (if international)
- ☐ Reviewed transportation options: airport to hotel, getting around

Packing

- ☐ Phone charger and portable battery pack
- ☐ Flashlight (small, pocket-sized)
- ☐ Door stop or portable door lock
- ☐ Copy of ID stored separately from wallet
- ☐ Emergency cash hidden in luggage
- ☐ Comfortable shoes I can walk/run in
- ☐ If applicable: checked local laws for any protection tools I carry

Home Prep

- ☐ Mail held or collected by neighbor
- ☐ Lights on timers to simulate presence
- ☐ Didn't announce the trip on social media
- ☐ Trusted person has spare key and knows I'm away

At the Airport / Station

- ☐ Belongings attended at all times
- ☐ Bag tags don't show my full home address

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- ☐ Aware of surroundings even in "secure" areas
- ☐ Not sharing travel details loudly on phone
- ☐ Keeping phone charged for arrival

Airports feel safe but are full of strangers. Stay aware of your belongings and who's nearby.

At the Hotel

Check-In

- ☐ Requested a room NOT on the ground floor (2nd-6th floor ideal)
- ☐ Requested a room near elevator/stairs, not end of hallway
- ☐ Didn't announce my room number loudly at the desk
- ☐ Used first initial, not full name, if possible

In the Room

- ☐ Checked that all locks work (deadbolt, chain, swing bar)
- ☐ Checked closet, bathroom, under bed upon first entry
- ☐ Used door stop or portable lock for extra security at night
- ☐ Located fire exits on my floor
- ☐ Keep "Do Not Disturb" sign up (even when out)
- ☐ Don't let housekeeping in while I'm alone in the room

A "Do Not Disturb" sign makes it unclear whether the room is occupied. Use it.

Getting Around

Rideshare / Taxi

- ☐ Verify the car: license plate, make, model match the app
- ☐ Verify the driver: "Who are you picking up?"
- ☐ Share trip details with someone
- ☐ Sit in the back seat, behind the passenger seat
- ☐ Follow along on GPS to make sure route is correct
- ☐ Trust your gut: if something feels off, ask to be let out

Walking

- ☐ Staying on well-lit, populated streets

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- ☐ Looking like I know where I'm going (even if I don't)
- ☐ Phone accessible but not always out
- ☐ Aware of my surroundings, especially at intersections
- ☐ Not wearing both earbuds in unfamiliar areas

Solo Dining & Nightlife

- ☐ Eating at well-reviewed, populated places
- ☐ Not accepting drinks from strangers or leaving drinks unattended
- ☐ Limiting alcohol in unfamiliar environments
- ☐ Having my own transportation plan (not depending on strangers)
- ☐ Checking in with someone back home
- ☐ Trusting my instincts if a situation feels uncomfortable

Before Heading Home

- ☐ Checked room thoroughly for forgotten items
- ☐ Shredded or taken any documents with personal info
- ☐ Confirmed flight/transport details
- ☐ Phone charged for travel day
- ☐ Someone knows when to expect me home

The trip isn't over until you're home with the door locked behind you. Stay aware until the end.

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