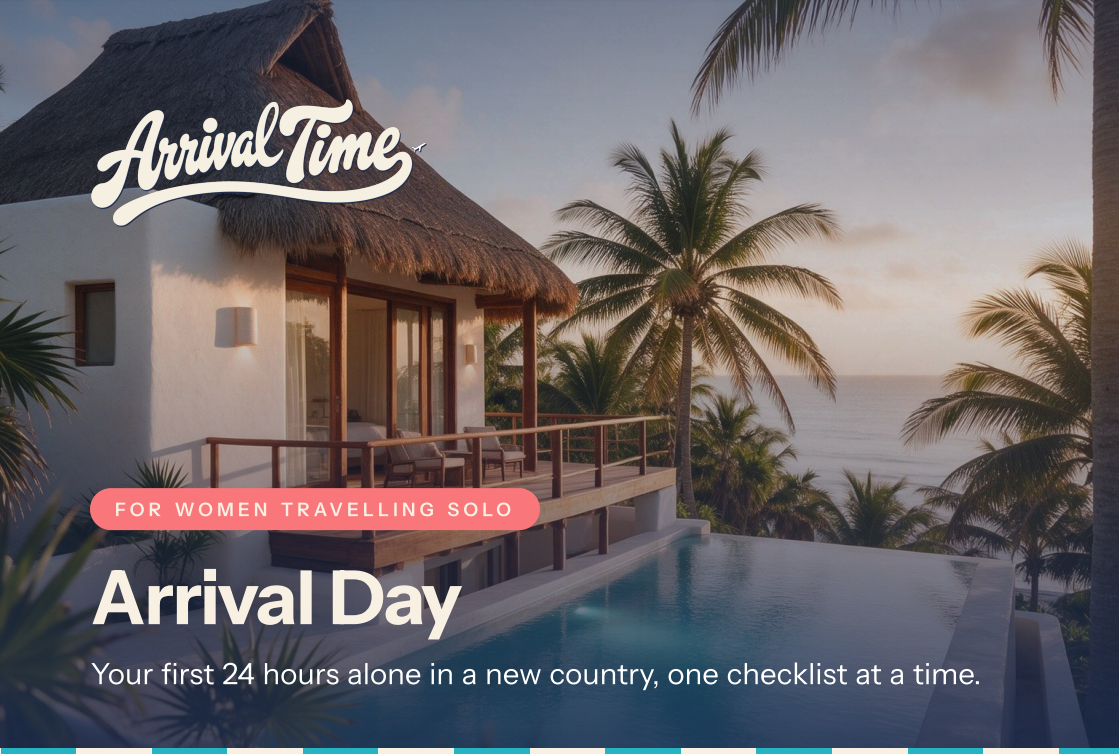

FOR WOMEN TRAVELLING SOLO

Arrival Day

Your first 24 hours alone in a new country, one checklist at a time.

I've been travelling on my own since 2014, and I've moved to new countries more than once. The first day somewhere new is always the one that tests you. You're tired, nothing is familiar, and everything takes longer. **This is the list I run through every time,** so the first 24 hours feel calm instead of chaotic. Tick it off as you go.

WHAT'S INSIDE

01 Before you fly
02 At the airport
03 Checking in
04 Your first walk
05 Your first night
06 The next morning
07 Keep in your phone
08 Keep on you

01 BEFORE YOU FLY

- [ ] **Save your stay's address** in the local language, and screenshot it for drivers
- [ ] **Download the offline map** for the city you're landing in
- [ ] **Set up an eSIM** or local data plan so you land connected
- [ ] **Send your flight and stay details** to one person at home, and agree on a time to check in
- [ ] **Save the local emergency number** and your embassy or consulate's contact
- [ ] **Look up how locals get from the airport:** official taxi rank, rideshare app or train
- [ ] **Book a first night** with a 24-hour front desk, or a host who'll meet you
- [ ] **Land in daylight** when you can
- [ ] **Pack a personal safety alarm.** I carry one on my bag. It's small, and loud enough to get attention fast

02 AT THE AIRPORT

- [ ] **Take out a little local cash** from an ATM inside the airport
- [ ] **Use the official taxi rank or your app,** not a driver who walks up to you
- [ ] **Check the plate and the driver's name** match the app before you get in
- [ ] **Share your ride** with your person at home
- [ ] **Send a quick "landed" message** the moment you're through

03 CHECKING IN

- [ ] **Ask the front desk** which streets are good to walk, and which to skip after dark
- [ ] **Ask where locals eat** close by
- [ ] **Keep your room number to yourself.** If it's said out loud, it's fine to ask for another room
- [ ] **Check the door lock and windows,** and find the nearest exit
- [ ] **Take a photo of the hotel card** with the name and address

04 YOUR FIRST WALK

- [ ] **Walk the block in daylight:** pharmacy, grocery store, ATM, café
- [ ] **Buy water, snacks** and anything you forgot
- [ ] **Check your map inside a shop or café,** not on a street corner
- [ ] **Learn three phrases:** hello, thank you, and "how much?"

05 YOUR FIRST NIGHT

- [ ] **Eat somewhere busy** and close to your stay
- [ ] **Head back before you're exhausted.** Jet lag makes everything feel harder
- [ ] **Tell your person you're in** for the night
- [ ] **Charge everything** and lay out what you need for the morning
- [ ] **Plan one easy thing for tomorrow:** a coffee, a market, a walk by the water

06 THE NEXT MORNING

- [ ] **Notice how you feel.** Tired and a little wobbly is normal
- [ ] **Go do your one easy thing,** and let the city come to you
- [ ] **Pick one thing that's just for you** today
- [ ] **Remind yourself you made it.** The hardest day is behind you

07 KEEP IN YOUR PHONE

- [ ] **A photo of your passport** and your travel insurance details
- [ ] **Your stay's address and phone number**
- [ ] **The local emergency number**
- [ ] **Your embassy or consulate**
- [ ] **Your person at home,** on speed dial

08 KEEP ON YOU

- [ ] **A little cash** in a separate pocket from your cards
- [ ] **A backup card** kept apart from your main one
- [ ] **Your safety alarm,** clipped where you can reach it
- [ ] **A portable charger**
- [ ] **A screenshot of your address**, in case your phone dies or the data drops

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These are the habits I use when I travel. They help me feel prepared, but no checklist can guarantee your safety. Check your government's travel advice for your destination before you go.