

# WOMEN TRAVELING SOLO:

## *Life-Saving Best Practices for Safe Travel*

We're on the road and solo often. Whether staying local for the day or a cross-country or international flight, female safety is extremely important and rarely discussed. Without a mentor or another female sharing her tips, you have to learn along the way. Here we have practical safety tips, compiled by women in roofing and shared by a woman who has spent over a decade traveling for work. These tips could save your life.



### *Electronics*

- Use privacy screens on all devices.
- Mask your phone number with an app like Google Voice. Be mindful of where your phone number is located (e.g. business cards, email signature).
- Turn ON location tracking on your device and share with family members or a trusted friend.
- Fully charge your devices before leaving home, and carry a portable charger! Keep extra charging cords in your vehicle.



### *Hotels*

- Book hotels with interior hallways.
- Use group hotel blocks (when it makes sense).
- Request a high floor.
- If you check in prior to arrival, do it in a private space. Avoid revealing hotel information in a public space.
- Don't say your hotel room number out loud. If the front desk does at check-in, you have every right to ask for a new room.
- Know where the emergency exits are located.
- Check your room upon arrival. Look behind doors, under the bed, in closets, behind curtains, etc.
- Lock your door when you're in your room.
- For peace of mind, buy a portable door alarm for your hotel room and/or a portable smoke alarm as hotel ones may not be fully functional.
- Elevators – be mindful of who is getting in with you.
- Be dressed when you leave your hotel room (in case you get locked out!).
- Wait to post anything revealing that you're out of town on social media until you're home (especially if you live alone).

**DOWNLOAD & ACCESS ADDITIONAL RESOURCES**

[www.growwithcreativate.com/travel](http://www.growwithcreativate.com/travel)



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## Vehicles & Driving

- Drive during the day, if possible.
- When parking at night, try to park in a well-lit area.
- Pay attention to the cars around you as you walk up to your vehicle.
- Lock your car when refueling.
- If you're in a car and feel you're being followed or in an uncomfortable situation, drive to a police station.



## Airports, Flights & Public Transportation

- Watch your drink and know your limits. Stick to one or two drinks max.
- Boarding pass: don't leave out or throw out on the road. Shred it at home.
- Hide personal information on your luggage tag by turning your information to the inside of the tag. Write "see other side" on the back of the tag.
- Keep an eye on your bags at all times.
- Keep personal documents close to your body or in a tough-to-access location by pickpockets (i.e. bottom of your backpack).
- Purse – Best if it zips shut and goes over the shoulder.



## Out & About

- Look like you know where you're going.
- Do not walk around with your earbuds in, and definitely not in noise canceling mode.
- Pay attention to your surroundings to know if you're being followed/watched.
- Don't walk at night (especially solo). Have a buddy or get a chaperone if you have to be out at night. Find someone in your company you can trust.
- Travel with self-defense items. Take a self-defense class.
- Only take the money you need for the day and one or two credit cards. Leave the rest locked up in a safe.
- When leaving the conference premises, remove your name badge. You make yourself an easy target... that badge says "I'm not from here. Mug me."
- On the roof? Watch the ground.
  - Use a backpack to carry any items you need on the roof so you have both hands free to climb ladder
  - Ask for the foreman as soon as you get to the location. You want to know who to talk to should any issues arise with the crew.



## Final Thoughts

- Report anything that seems off.
- Trust your gut.

**Please don't keep this information to yourself.  
Share with your team and company.**