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Traveling alone - Tips for women

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1. Passports and visas

Make sure your passport is still valid, if not, please apply for a new one about 3-4 months before you leave. You also need to make sure you have the necessary documents or visa of the country which they intend to.

2. Things should leave

Remember to leave your detailed schedule and information on flights and tickets at home for a friend or relative. Should include name, address and phone number wherever you stay.

3. Do not carry valuables

To stay at home all the items value as credit cards and jewelry accessories. Even imitation can also create a risk not worth your safety, because the bandits do not know if it's because it's funny until the robbery.

4. Health Insurance

Make sure you have adequate health insurance for trips abroad. If insurance does not cover you while abroad, you may need to purchase additional insurance for tourists.

5. Pharmaceuticals

If you need to take prescription drugs, be sure to have enough drugs for use during the trip and a supply kit in case your schedule delays. Simultaneously take on the prescription information and the names of similar drugs when needed to prevent them.

Always carry medications in labeled boxes because many countries have strict laws for the transportation of drugs and may doubt the pill container not labeled.

6. Safety

Be alert, act on intuition and awareness of your surrounding area. If you think you are being followed, go into a store or to a safe place and wait to see if other guys that go yet.

Do not be afraid to ask someone to make sure everything is safe before going out. If still unsure, call your hotel for help.

7. Be confident

Look, act and walk like you know I was going to go anywhere and do anything that will help you not be turned into an easy target and avoid potential hazards.

8. Road

Before departure from the hotel to go somewhere, be sure to ask your counselor or a customer the way to the hotel staff where you plan to visit each day. This will help you avoid unsafe areas as well as from the confused and vulnerable.

If lost, ask a family line or a woman traveling with small children.

9. The safety of hotel

Choose a hotel where there is good security and public transport or taxi nearby and ready to serve. Once in the room, check to make sure all the doors locked and windows all work fine.

If you feel uncomfortable, ask hotel security staff monitor you when you arrive or leave the room or your garage at night. You must always remember looking into the room through the "mental eye" before opening.

10. Apparel

Classic style dress and discreet always the best choice for you when traveling. Whenever possible, try to notice how women dress of the locality where you come to know how to dress appropriately.

In some cultures, what you consider attractive everyday clothing could be considered provocative or inappropriate, even objectionable. Furthermore, your fashion style or quality Make up and jewelry you wear on your person can turn into a target "potential" of the bandits.

(As recorded Viettouring.com TTO / Lets Travel Philippines)