



GOA

Safety tips checklist

Goa is easier than other parts of India for women to travel solo but, like anywhere, you need to be careful. Here is a list of things you can do to help you stay safe in Goa.

Before you go

- () Take out travel insurance (essential)*
- () Get contact details of your local embassy
- () Note contact details of the local hospital/police
- () Share your planned itinerary with loved ones
- () Bring padlocks to secure your room/bags

 *Backpacking Bella* 

SOULFUL AND STYLISH TRAVEL

While you're there

- () Try to keep any valuable items discreet
- () Consider using a cheaper mobile phone/laptop
- () Stash your money and cards in different places
- () Wear a 'wedding ring' to deter attention
- () Try not to walk alone after dark - take a taxi
- () Stay alert and trust your gut instinct
- () Don't be shy about making friends

If you take a few measures to look after yourself and your belongings, you'll be able to relax and enjoy Goa as a solo female traveller.

*For travel insurance, I recommend using a trusted provider such as World Nomads, who are recommended by Lonely Planet. They are ideal for backpackers and it will give you peace of mind, whatever happens. [Click here to learn more and get a quote for your trip.](#)