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## Women's Travel Tips



# Women Travelling ALONE

1

Don't display your good jewellery, or you'll be a target for thieves. Leave the good stuff at home.

2

Walk with a sense of purpose - like you have no time to be bothered.

3

Bring only as much as you can carry comfortably - luggage on wheels helps. Being overladen makes you vulnerable.

4

Married or not, consider wearing a wedding ring. It may not repel hard-core wolves, but it sends a message that you don't want to be bothered.

5

Memorize a few phrases in some obscure language. Unwelcome strangers can be told, "Garbage in season is riper at home" in Phoenician. Stops them cold.

6

At check-in, you can ask to be seated next to another female passenger.

7

In public restrooms, don't hang your purse on the hooks inside the door. A thief can lift it from the other side and you're in no position to give a chase.

8

Pregnant women should check with their doctor and the airline about personal restrictions. Pack healthy snacks and book an aisle seat for easy lavatory access.