

A Checklist for Solo Travellers



Embarking on a solo adventure? Ensure you have everything you need with this streamlined checklist designed to help you travel lighter and smarter.

Essentials

- **Passport and Visas**
- **Flight Tickets/Confirmations** (digital & paper backup)
- **Travel Insurance Details**
- **Wallet, £100 of Local Currency, Credit/Debit Cards**
- **Phone, Charger, and Power Bank**
- **Universal Travel Adapter**

Clothing

- **2–3 Lightweight Tops**
- **1–2 Pairs of Pants/Shorts**
- **1 Jacket/Hoodie** (weather-appropriate)
- **Underwear & Socks for a Week**
- **Comfortable Walking Shoes**
- **Flip-flops/Sandals** (optional)
- **Sleepwear**

Toiletries (Travel-Size)

- **Toothbrush and Toothpaste**
- **Sunscreen**
- **Hand Sanitizer & Wet Wipes**
- **Travel Towel** (quick-dry)

For trips longer than a week, consider buying these items at your destination:

- **Deodorant**
- **Shampoo + Conditioner**
- **Soap and Body Wash**

Safety & Solo Travel Must-Haves

- **Padlock for Hostel Lockers**
- **Copy of Passport** (digital + paper)
- **Emergency Contacts List**
- **Small First-Aid Kit** (plasters, meds, painkillers)
- **Reusable Water Bottle**
- **Packing Cubes or Compression Bags**
- **Tote Bag / Daypack**
- **Headphones / earbuds**

Pro Tip for Solo Travelers:

Pack light! Stick to carry-on size when possible to save money and time, and to make moving around easier. Compression bags help keep everything organized.

Safe travels and enjoy your solo journey!