



# Travel Tech Safety Guide for Women

Your comprehensive guide to staying safe, secure, and empowered while traveling solo. From device preparation to emergency protocols, we'll help you explore the world with confidence and digital security.

# Pre-Trip Device Preparation

1

## Update Everything

Ensure your phone, laptop, and apps are running the latest software versions. Updates often include critical security patches that protect against vulnerabilities.

2

## Enable Security Features

Activate biometric locks, two-factor authentication, and device encryption. Set up remote wipe capabilities in case your device is lost or stolen.

3

## Backup Your Data

Create secure cloud backups of important documents, photos, and contacts. Store copies of your passport, IDs, and travel documents in encrypted cloud storage.



# Location Sharing & Privacy

## Smart Sharing Strategies

Share your location with trusted contacts using apps like Find My Friends or Life360. Set up automatic check-ins at regular intervals so loved ones know you're safe.

Create a travel itinerary shared with family or friends, including accommodation details, flight information, and planned activities.

## Privacy Protection

Disable location services for social media apps while traveling. Turn off geotagging in your camera settings to prevent revealing your current location.

Review app permissions before your trip and revoke access for apps that don't need your location data.

# Public WiFi Safety



## Use a VPN Always

A Virtual Private Network encrypts your internet connection, protecting your data from hackers on public networks. Install a reputable VPN before traveling.



## Avoid Sensitive Transactions

Never access banking, make purchases, or share passwords on public WiFi. Wait until you're on a secure, trusted network for financial activities.



## Verify Network Names

Confirm the official WiFi name with hotel staff before connecting. Hackers create fake networks with similar names to steal your information.

# Hotel & Airbnb Safety

## Physical Security Check

Test all locks and deadbolts upon arrival. Use the door guard and request a room near elevators but not on the ground floor for better security.

## Check for Hidden Cameras

Scan for hidden cameras using your phone's flashlight and camera detection apps. Check smoke detectors, mirrors, and charging ports.

## Extra Security Devices

Bring a portable door lock or door wedge alarm for additional peace of mind. These affordable devices provide an extra layer of protection.

# Social Media While Traveling



## Post After You Leave



Share photos and updates after you've left a location, not while you're still there. Real-time posting broadcasts your whereabouts to potential threats.



## Review Privacy Settings



Set accounts to private and review who can see your posts. Limit personal information like travel dates, accommodation names, and exact locations.



## Be Selective with Details



Avoid sharing flight numbers, hotel names, or indicating you're traveling alone. These details can be used by those with bad intentions.



# Solo Travel Empowerment

## Trust Your Instincts

Your intuition is your most powerful safety tool. If something feels wrong, remove yourself from the situation immediately without worrying about being polite.

## Stay Connected

Maintain regular check-ins with trusted contacts. Establish a code word system for emergencies where you need help but can't speak freely.

## Blend In Locally

Research local customs and dress appropriately. Avoid displaying expensive electronics or jewelry that marks you as a tourist target.



# Essential Emergency Apps

## **Life360 or Find My**

Share real-time location with trusted contacts and set up automatic alerts if you don't check in as scheduled.

## **Smart Traveler (STEP)**

Register with your embassy for travel alerts and support. Access emergency contact information for your destination country.

## **bSafe or Noonlight**

Personal safety apps with features like fake calls, GPS tracking, and one-touch emergency alerts to local authorities.

## **Local Emergency Numbers**

Download apps with international emergency numbers and save local police, ambulance, and embassy contacts before you arrive.

# Your Travel Safety Checklist

## Before Departure

- Update all devices and apps
- Install VPN and security apps
- Backup important documents
- Enable two-factor authentication
- Share itinerary with trusted contacts
- Research destination safety

## During Travel

- Use VPN on all public WiFi
- Check accommodation for cameras
- Regular check-ins with contacts
- Delay social media posts
- Keep devices charged and secured
- Trust your instincts always



# About CSNP

"Making cybersecurity knowledge accessible to everyone through education, community, and practical resources."

## Our Programs

- Business & Non-Profit Security
- Family Cybersecurity
- Kids Safety Education
- Senior Digital Safety
- Women's Security (like this guide!)
- Resources for Parents & Educators

**Everything we offer is completely free.** Our mission is to make everyone safer online through accessible education and practical tools.



## Connect With Us

Website: [csnp.org](https://csnp.org)

Free Resources: [csnp.org/resources](https://csnp.org/resources)

Join our community and access guides, tools, and support for your digital safety journey.