

Ultimate Solo Travel Checklist (2025 Edition)

A simple printable guide to help you pack smart, travel safe, and explore confidently.

1. Essential Documents

- Passport + Visa (if required)
- Travel insurance documents
- Flight tickets / Boarding pass
- Hotel booking confirmations
- Emergency contact list
- Copies of important IDs (digital + paper)

2. Packing Checklist

- Backpack or 40L suitcase
- Comfortable walking shoes
- Clothing (weather-appropriate)
- Toiletries + towel
- Portable charger + plug adapter
- Hidden money pouch

3. Health & Safety Items

- Basic first-aid kit
- Prescription medicines
- Hand sanitizer + masks
- Insect repellent
- Reusable water bottle
- Emergency whistle

4. Money & Budget Tips

- Carry mix of cash + card
- Keep emergency cash in separate pouch
- Use travel-friendly forex cards
- Track expenses in a small notebook
- Avoid carrying too many valuables

5. Pre-Trip Planning Notes

- Research local customs & laws
- Check visa + travel advisories
- Download offline maps
- Backup important documents

- Share itinerary with family or friend

6. Notes

- Write down any personal reminders or extra packing items.

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