

# Safety & Travel tips

For women

**Backpack's assistance team can provide general safety advice for travellers and emergency assistance if you need help. We're available 24/7:**

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## Check Travel Advisory for your Destination

Visit the Government of Canada Travel Advisory website [here](#) to check for safety classifications and advice for travellers.

## Check if You're a Vulnerable Traveller

Use the My Peak app to enter your destination. It will display details of vulnerable travellers in that country including women, individuals with disabilities, 2SLGBTQ+ travellers and others.

## Avoid Scams & Stay Culturally Aware

Learn common scams before you go, limit alcohol and drug use to stay alert, and dress in a way that respects local customs to avoid unwanted attention.

## Research your Destination

Learn about the destination, specifically if there are dangers for women to travel without another person (male or female). For example, see if you're going anyplace where it's "culturally frowned upon" for you to be traveling alone.

Understand local laws, customs, and gender norms. Some countries may have restrictive or discriminatory practices.

## Use Reliable Transport

Stick to official taxis or trusted ride-share services. Use female-only transportation options when available. Avoid accepting rides from strangers or hitchhiking. Use women-only rideshare or transport options when available.

## Personal Safety

Stay alert, choose secure accommodations, and avoid risky situations. If you experience sexual assault or feel threatened, report the incident to local authorities or your country's embassy or consulate as soon as possible. Contact Backpack's 24/7 assistance centre if you need advice on how to get care and legal support.

## Safety Gear Essentials

Carry a personal alarm and doorstop for added security. Some safety devices are illegal to travel with a take into another country so please be caution for any safety gear you purchase.

## Stay Aware

Don't get too distracted by your phone or music when walking alone. Stay alert to what's happening around you.

## Stay Connected

Share your itinerary and live location with someone you trust. Check in regularly and keep emergency contacts updated.

