MIDLIFE RONDAVOUS · SOLO TRAVEL MADE SIMPLE

The Solo Travel Safety Text Kit

EVERYTHING YOU GET INSIDE

- **10 Copy-and-Send Safety Messages**
  Ready for every moment, from arrival to rides to check-ins
- **5 Every-Trip Habits** I've used while traveling solo for 10+ years
  The exact routine I follow on every trip
- **A Safety Quick Card** to screenshot and keep on your phone
  Every key detail in one place
- **Bonus Emergency Templates**
  Low battery, live location, and a private help phrase

"Traveling alone doesn't mean handling everything alone."

START HERE

Quick Start: 10 Minutes to Set Up Your Safety Text Kit

You do not need to read this whole kit before your next trip. Set up the essentials in about ten minutes, and you will already be more connected and prepared than most travelers, solo or not.

1. **Choose your trusted check-in person.** Pick one steady, reachable person who will know your plan and what to do if you go quiet.
2. **Send Message 01 (Complete Trip Details).** This puts your key information in one place, before you leave home.
3. **Agree your daily check-in time using Message 02.** Decide the exact time you will message each day, and the backup time when your person should act.
4. **Fill in and screenshot your Quick Card.** Complete it once, save the image to your phone, and every important detail is in your pocket.
5. **Save your go-to messages where you can reach them fast.** Paste the Low-Battery message and one or two others into your Notes app or a draft text, ready to send.
6. **Choose your private help phrase.** Agree a normal-sounding phrase with your check-in person that quietly means, "please call me now." (Setup message included in Bonus Tools.)

> *The backbone of this kit is simple: Share, Check In, Escalate. Everything else is just filling in the blanks.*

Traveling alone doesn't mean handling everything alone.

This practical kit gives you ready-to-send messages that help someone you trust know:

- Where you plan to be
- When they should expect an update
- How to reach you
- What to do if you miss a check-in
- When they may need to take further action

There is no complicated safety plan to create. Choose the message you need, replace the words in brackets, and press send.

A NOTE FROM RONDA

Simple habits. Real freedom.

I put this kit together after more than a decade of traveling solo while working remotely full-time. Everything in here is field-tested. These are the exact habits and messages I use myself.

Here is what I've learned: solo-travel safety does not have to be complicated, dramatic, or fear-based. You don't need a thick binder or a worst-case-scenario mindset. You need a few simple habits and one trusted person who knows your plan.

This is not about being afraid. It's about staying connected, so you can relax into the freedom and independence that make solo travel worth it in the first place.

Built for where you are now

Traveling in midlife often comes with a fuller life back home. You may be managing your own health details, checking on aging parents, coordinating with a partner, or keeping an eye on things for adult kids. You may feel very comfortable with the tech on your phone, or only somewhat, and that's completely fine.

This kit is built for exactly that. The messages are copy-and-send, the Quick Card keeps your health and contact details in one screenshot, and nothing here requires an app you don't already have. Use the parts that serve you, and leave the rest.

RONDA'S FIVE EVERY-TRIP SAFETY HABITS

Share your plan. Charge your phone. Confirm your transport. Lock down your stay. Protect your privacy.

My every-trip routine is simple, and it works whether I'm arriving in a bustling international city or visiting a destination that feels completely familiar and safe.

1 Share Your Plan Before You Go

Send someone you trust your general itinerary, lodging details, transportation plans, and check-in schedule. I do this on every trip, not only when a destination is considered risky. The goal isn't to have someone monitor your every move. It's to make sure one trusted person knows where you're expected to be, when they should hear from you, and what to do if they don't. Use the messages in this kit to share your details without writing everything from scratch.

2 Stay Reachable

Keep your phone charged, carry a power bank, and make your emergency contacts easy to access. Turn on location sharing or any safety tools you plan to use before you need them. Don't wait until your battery is low, you've lost service, or a situation already feels uncomfortable.

> WHAT I ACTUALLY DO
>
> *I charge my phone before leaving my accommodation and keep a power bank in the bag I carry with me.*

3 Keep a Low Profile

Avoid advertising that you're traveling alone. Be thoughtful about what you share with strangers, and avoid posting your location publicly in real time. Keep expensive jewelry, electronics, branded luggage, and large amounts of cash out of sight when possible. The goal isn't to look fearful. It's to look like a calm, ordinary traveler who knows where she's going.

> WHAT I ACTUALLY DO
>
> *I post about locations after I've left them rather than while I'm still there. I also don't travel with expensive jewelry. Ever.*

4 Check Your Transportation and Lodging

Use reputable transportation, verify the vehicle and driver before getting in, and choose accommodations with strong recent reviews and secure access. Confirm how you'll get from the airport or station to your lodging before you arrive. Even in destinations that feel safe, these habits can reduce small mistakes that may become larger problems.

> WHAT I ACTUALLY DO
>
> *Before getting into a ride, I confirm the driver's name, vehicle, and license plate against the information in the app.*

5 Trust Discomfort Quickly

If a person, place, ride, conversation, or situation feels wrong, leave. Change plans. Move toward other people. Ask hotel staff, transportation personnel, restaurant employees, or security for help. You don't need to wait for proof that something is wrong before protecting yourself. And you don't owe anyone politeness when your safety or comfort is involved.

> WHAT I ACTUALLY DO
>
> *I treat discomfort as enough information to take action. I can always reassess once I'm somewhere safer.*

THE BACKBONE OF THIS KIT

Share · Check In · Escalate

Every message and habit in this kit supports one of three simple actions. Once you know these three, the rest is just filling in the blanks.

Share

Send the important details before an activity, transfer, meeting, or outing.

Check In

Agree the exact time your trusted person should expect to hear from you.

Escalate

Tell that person what to do, and in what order, if you don't respond.

You'll see this same pattern again in the Backup Plan near the end. That's on purpose. The clearer the plan is beforehand, the less anyone has to guess if something changes.

THE MESSAGES · BEFORE YOU LEAVE

Set up your plan

MESSAGE 01

Complete Trip Details Message

Hi! I'm sharing my trip details with you so someone I trust has everything in one place.

Destination: **[CITY AND COUNTRY]**
Travel dates: **[DATES]**
Flight details: **[AIRLINE AND FLIGHT NUMBERS]**
Accommodation: **[HOTEL OR RENTAL NAME]**
Accommodation address: **[ADDRESS]**
Accommodation phone number: **[PHONE NUMBER]**
Travel insurance provider: **[PROVIDER]**
Travel insurance emergency number: **[NUMBER]**

I'll message you when I arrive safely. My regular check-in time will be **[TIME AND TIME ZONE]**. Thank you for being my check-in person.

WHAT I ACTUALLY DO

I send this before I leave home, not while I'm already in transit.

MESSAGE 02

Daily Check-In Agreement

Would you be willing to be my daily check-in person while I'm in **[DESTINATION]**? I'll send you a quick message by **[TIME AND TIME ZONE]** each day to let you know I'm okay.

If you haven't heard from me by **[BACKUP TIME]**, please follow this sequence:

1. Message me.
2. Call me twice.
3. Contact my accommodation at **[PHONE NUMBER]**.
4. Contact **[SECOND EMERGENCY CONTACT]** at **[PHONE NUMBER]**.
5. Contact my travel insurance or emergency assistance provider at **[PHONE NUMBER]**.
6. If there's an immediate reason to believe I may be in danger, contact the appropriate local emergency service or authority.

I may also share my live location with you when appropriate, but please still follow this check-in process if you don't hear from me. You don't need to monitor me throughout the day. This is simply our backup plan.

WHAT I ACTUALLY DO

I give my check-in person a specific time to act. I don't simply tell them to worry if they haven't heard from me.

THE MESSAGES · WHEN YOU ARRIVE

Confirm you're safe

MESSAGE 03

Safe Arrival Message

I arrived safely in **[DESTINATION]**. I'm now at **[HOTEL OR RENTAL NAME]**, and everything is okay. My next check-in will be by **[TIME AND DATE]**.

MESSAGE 04

Airport or Station Pickup Message

I've arrived at **[AIRPORT OR STATION]**. My driver's name is **[NAME]**. The vehicle is a **[COLOR, MAKE AND MODEL]**. The license plate is **[PLATE NUMBER]**. My estimated arrival time at **[HOTEL OR RENTAL NAME]** is **[TIME]**. I'll message you when I'm inside.

WHAT I ACTUALLY DO

I send the ride information before the vehicle starts moving, not once we're already on the road. Before we set off, I also enter my destination in my phone's map app and follow along as we drive, so I'll notice right away if the route doesn't match where I'm supposed to be going.

THE MESSAGES · WHILE YOU ARE OUT

Stay connected on the move

MESSAGE 05

Ride Check-In Message

I'm taking a ride from **[STARTING LOCATION]** to **[DESTINATION]**.

Driver's name: **[NAME]**
Vehicle: **[COLOR, MAKE AND MODEL]**
License plate: **[PLATE NUMBER]**
Estimated arrival: **[TIME]**

I'll send "arrived" when I'm safely inside.

MESSAGE 06

Tour or Excursion Message

I'm heading out for a tour or excursion today.

Company: **[COMPANY NAME]**
Activity: **[TOUR OR ACTIVITY]**
Meeting location: **[LOCATION]**
Start time: **[TIME]**
Expected finish: **[TIME]**
Company phone number: **[PHONE NUMBER]**

I expect to check in again by **[TIME]**.

MESSAGE 07

Meeting Someone New Message

I'm meeting someone named **[NAME]** at **[PUBLIC LOCATION]**. We connected through **[HOW YOU MET]**. I expect to be there from **[START TIME]** until approximately **[END TIME]**.

Here is the information I have about them: **[PROFILE LINK, PHONE NUMBER OR OTHER DETAILS]**

I'll message you when I leave.

MESSAGE 08

Plans Changed Message

My plans have changed. Instead of going to **[ORIGINAL PLAN]**, I'm now going to **[NEW LOCATION OR ACTIVITY]**. I'm traveling by **[TRANSPORTATION METHOD]**. I expect to arrive by **[TIME]**. My next check-in will be by **[TIME]**.

Ask for help clearly

MESSAGE 09

Hotel Safety Request

Hello. I am traveling alone and would appreciate help with a few safety preferences. Could you please:

- Avoid saying my room number aloud
- Write the room number down instead
- Avoid placing me in a ground-floor room, when possible
- Place me near the elevator or another well-traveled area, when possible
- Confirm how access to guest-room floors is controlled
- Tell me the safest way to arrange transportation from the property

Thank you for helping me feel comfortable during my stay.

MESSAGE 10

Discreet Assistance Request

Hello. I am a guest staying in room **[ROOM NUMBER]**. I am currently at **[LOCATION]**, and I feel uncomfortable with the situation around me. Please help me arrange a safe return to the property. I am wearing **[CLOTHING DESCRIPTION]**. Please do not share my room number or personal information with anyone who asks. You can reach me at **[PHONE NUMBER]**.

BONUS TOOLS

A few extras that make it even easier

Share Your Live Location

Live-location sharing can give someone you trust an additional way to see where your phone is during a transfer, outing, or trip. It should support your check-in plan, not replace it. Sharing may be interrupted by a dead battery, poor service, disabled location permissions, a phone being turned off, or a lost or damaged device. Share your location only with someone you trust, review who has access, and stop sharing when it's no longer needed.

When you might use this: during an airport transfer to your accommodation, on a longer taxi or rideshare, or on a day trip into an area you don't know well yet.

Using Google Maps: Open Google Maps and select your profile. Choose the location-sharing option, select how long you want to share, and choose the trusted person who should receive access. Menu names may vary slightly by phone and app version.

Using an iPhone: You can share your location through Find My or Messages. You may also be able to use the Check In feature in Messages for a specific journey or arrival. Available options may depend on your phone model, software version, region, and settings.

COPY & SEND · LOCATION SHARING

Location-Sharing Message

I've shared my live location with you for **[LENGTH OF TIME]**. You can use it as an additional way to see my location during **[THE TRIP, TRANSFER OR OUTING]**. Please still follow our agreed check-in instructions if you don't hear from me by **[TIME]**. Location sharing is a backup tool, not a replacement for our check-in plan.

WHAT I ACTUALLY DO

I use live-location sharing during transfers and unfamiliar outings, then turn it off when I no longer need it.

COPY & SEND · LOW BATTERY

Low-Battery Message

When you might use this: at the end of a long sightseeing day, on a travel day with a lot of walking, or any time your charger is packed away in a bag you can't easily reach.

My phone battery is at **[PERCENTAGE]**. I am currently at **[LOCATION]**. I am heading to **[DESTINATION]** by **[TRANSPORTATION METHOD]**. I expect to arrive by **[TIME]**. I'm going to conserve my battery now. If you don't hear from me by **[BACKUP TIME]**, please follow our check-in instructions.

COPY & SEND · HELP PHRASE SETUP

Pre-Agreed Help Phrase

Before your trip, you and your trusted contact may choose a normal-sounding phrase that means: *I need help, but I may not be able to explain freely.* Choose a phrase that's private and easy to remember. Don't publish it online or use a universal phrase strangers may recognize.

When you might use this: any moment you want help but would rather not explain in front of someone, whether you're with a new acquaintance, a driver, or in a group where you'd prefer to stay low-key.

Let's use this phrase during my trip: "**[YOUR AGREED PHRASE]**" If I send that exact phrase unexpectedly, please call me immediately. If I can't speak freely or don't answer, follow our emergency check-in instructions.

YOUR BACKUP PLAN

Missed Check-In Escalation Plan

This is the **Escalate** part of Share, Check In, Escalate. It's what your trusted person does if a check-in is missed. Choose timing that fits your trip, location, and activity. This is an example, not a universal rule. Adjust it to your circumstances.

15 minutes late	Send me a message.
30 minutes late	Call me twice.
45 minutes late	Contact my accommodation, driver, tour provider, or activity company when relevant.
60 minutes late	Contact my secondary emergency person and travel-assistance provider.
Immediate danger	Contact the appropriate local emergency service or authority without waiting. Possible concerns may include a distress message, witnessing a dangerous event, learning of an accident, or clear information that urgent help is needed.

SEND THIS TO YOUR CHECK-IN PERSON

Emergency Check-In Instructions

Send this section to your check-in person before your trip. If you don't hear from me at our agreed check-in time, please work through these steps in order. You don't need to do everything at once. Most missed check-ins turn out to be a low battery or lost signal, so start simple and move down the list only if you still can't reach me.

1. Reach me first. Call and message me several times.

2. Contact my accommodation.
Hotel or rental: **[NAME]** · Phone: **[NUMBER]** · Address: **[ADDRESS]**

3. Contact my secondary emergency person.
Name: **[NAME]** · Phone: **[NUMBER]** · Relationship: **[RELATIONSHIP]**

4. Contact my travel insurance or emergency assistance provider.
Provider: **[PROVIDER]** · Policy number: **[NUMBER]** · Phone: **[NUMBER]**

5. If you have an immediate concern for my safety, contact the appropriate local emergency service or authority.

SCREENSHOT THIS

Solo Travel Safety Quick Card

Complete this once and save a screenshot to your phone.

My Details

Full name: [NAME]

Destination: [CITY AND COUNTRY]

Travel dates: [DATES]

Accommodation

Name: [HOTEL OR RENTAL NAME]

Address: [ADDRESS]

Phone: [NUMBER]

Check-In Plan

Primary check-in person: [NAME]

Phone: [NUMBER]

Daily check-in time: [TIME AND TIME ZONE]

Backup action time: [TIME AND TIME ZONE]

Secondary Emergency Contact

Name: [NAME] · **Phone:** [NUMBER] · **Relationship:** [RELATIONSHIP]

Travel Assistance

Insurance provider: [PROVIDER]

Policy number: [NUMBER] · **Emergency assistance number:** [NUMBER]

Private Help Phrase & Health Info

Agreed phrase: [AGREED PHRASE]

Important health info: [MEDICATION, ALLERGY OR HEALTH INFO RESPONDERS SHOULD KNOW]

BEFORE YOU HEAD OUT

Your five-second gut check

- [ ] Did I share my plan?
- [ ] Is my phone charged?
- [ ] Did I verify my transportation?
- [ ] Is my lodging information secure?
- [ ] Am I protecting my privacy and trusting my instincts?

A Final Reminder

You don't need to feel fearless to travel alone. Simple communication habits can help you feel more supported, prepared, and connected, while still giving you the freedom to enjoy your experience.

These tools can't prevent every problem. But they can reduce confusion, support faster communication, and give someone you trust clearer information if something doesn't go according to plan.

Save this kit to your phone before your next trip. Choose your trusted check-in person. Send your plan before you leave. Then go enjoy your adventure.

With warmth,

***Ronda Taylor** · Midlife Rondavous*

Feeling More Confident About Traveling? Let's Plan What Comes Next.

You now have a safety communication system you can use on any trip. If you've been dreaming about a longer solo work-trip, or a bigger lifestyle shift, that's where I can help next.

In a **Next Chapter Roadmap Session**, we design a realistic 90-day plan for your solo work-trip or reinvention, at a pace that fits your real life. We can build the safety and communication planning from this kit right into it, personalized to you, your destinations, and the people back home.

No pressure and no rush. Just a clear, doable plan, and someone in your corner who has actually done it.

Important Note. This kit provides general educational information and communication templates. It is not legal, medical, security, emergency-response, insurance, or professional travel advice. Technology, app features, emergency numbers, laws, services, and safety conditions may vary by location and may change over time. Always verify current information with official sources, qualified professionals, your travel provider, accommodation, insurance company, and local authorities when appropriate.