

MEXICO SOLO TRAVEL CHECKLIST

47 things to do before, during, and after your trip

BEFORE YOU BOOK

- ☐ Destination matches your comfort level (crowds, language, safety)
- ☐ Passport has 6+ months validity from travel dates
- ☐ Travel dates set in shoulder season (May or November)
- ☐ Travel insurance purchased (SafetyWing or similar)
- ☐ Embassy or consulate address saved

DOCUMENTS & MONEY

- ☐ FMM slip photographed the moment you receive it
- ☐ Passport photo page copied, physical and digital
- ☐ Insurance card and policy number written down
- ☐ Two debit cards from different banks, packed separately
- ☐ \$200 USD emergency cash hidden separately
- ☐ Bank notified of travel dates
- ☐ Emergency contact list written down, not just saved

ADD YOUR OWN

- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

PACKING

- ☐ 20,000mAh power bank
- ☐ Slash-resistant crossbody bag with locking zippers
- ☐ Broken-in waterproof walking shoes
- ☐ Sandals with ankle straps, not flip-flops
- ☐ Reef-safe, oxybenzone-free sunscreen
- ☐ Strong bug repellent for mosquito-heavy regions
- ☐ Quick-dry towel
- ☐ Tracker tag in every bag

HEALTH PREP

- ☐ Anti-diarrheal medicine and rehydration salts packed
- ☐ Altitude sickness medicine if headed to Mexico City
- ☐ Probiotics started two weeks before departure
- ☐ Reef-safe SPF 50+ packed
- ☐ Doctor consulted about a backup antibiotic

ADD YOUR OWN

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TECH & CONNECTIVITY

- ☐ eSIM loaded before departure
- ☐ Offline maps downloaded for every city
- ☐ Hotel, hospital, and embassy addresses screenshotted

ARRIVAL DAY

- ☐ Airport transfer pre-booked
- ☐ 500 pesos in small bills on hand
- ☐ Hotel address written out in Spanish
- ☐ First night's meal planned near the hotel

GETTING AROUND

- ☐ Women-only metro cars located (pink signage)
- ☐ Bus tickets booked ahead for popular routes
- ☐ Ride-share apps downloaded
- ☐ Street taxis avoided after dark

SAFETY

- ☐ Decoy wallet packed separately from real cash
- ☐ Personal safety alarm packed
- ☐ Full itinerary shared with someone at home
- ☐ Room requested near elevator, number not spoken aloud
- ☐ Earthquake alert app downloaded
- ☐ Tipping norms reviewed (10-15% is standard)

ADD YOUR OWN

- ☐ _____
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- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

● EMERGENCY NUMBERS

911 — police, fire, medical
01-800-201-1554 — tourist police
078 — SECTUR tourist assistance

● THE ONE MONEY RULE

Ask "¿esto es en pesos?" before you order or pay for anything.
Always say no to "charge in USD."

● PHRASES THAT MATTER

"Estoy solo/a" — I'm alone
"Ayúdame" — help me
"No entiendo" — I don't understand

Print it. Fold it. Take it with you.

Every item on this list came from a real mistake, made once so you don't have to.