



Solo Travel with Confidence: Resource List

Destination Information

U.S. State Department Travel Advisories: Country specific travel information, including cultural information.

State Department Email Travel Warnings <https://step.state.gov/STEP/Pages/common/Subscribe.aspx>

Country Specific Information http://travel.state.gov/travel/cis_pa_tw/cis/cis_4965.html

Passports http://travel.state.gov/passport/passport_1738.html

OSAC (State Department Bureau of Diplomatic Security) www.osac.gov

Reports include information about overall crime and safety for Americans, road safety; political, economic, religious and ethnic violence; environmental hazards; police responsiveness; where to turn to for assistance if you become a victim of crime; medical emergencies; tips on how to avoid becoming a victim, embassy location and contact information

Australian government: A handy travel list www.smarttraveller.gov.au/zw-cgi/view/Advice/

Lonely Planet: Website and books for the budget minded traveler www.lonelyplanet.com

Global Peace Index www.visionofhumanity.org/pdf/gpi/2013_Global_Peace_Index_Report.pdf

Gauges countries on their level of safety and security in society; the extent of domestic or international conflict; and the degree of militarization

Happy Planet Index <http://www.happyplanetindex.org/>

Health

Centers for Disease Control (CDC) www.cdc.gov

Provides information regarding travel health requirements and travel health tips

Required Immunizations <http://wwwnc.cdc.gov/travel/destinations/list>

Traveler's Health <http://wwwnc.cdc.gov/travel/destinations/list>

Lodging Alternatives

Couch Surfing: A great way to meet the locals and save money on lodging or just meet for coffee
www.couchsurfing.org

Hostelling International: Hosteling is not just for youth www.hihostels.com

Hostel World: Hostels and B&Bs <http://www.hostelworld.com>



Solo Travel Resources

Journey Woman: General travel information of interest to women. www.JourneyWoman.com

Top 10 Countries for Solo Female Travelers:

<http://www.womensadventuremagazine.com/travel/top-10-countries-for-solo-travel-for-women/>
www.solotravel.org

How to Travel Alone (for Men): http://www.askmen.com/fine_living/travel_archive/58_travel_tips.html

Independent & Solo Backpacker Directory: Solo Travel Resources

www.solotravel.org/independent-backpacker-directory.htm

Travel Solo