

The Colombia Solo Female Travel Safety Checklist

Every practical step from the full guide, in one place. Save it to your phone. Check it off before you go and while you're there. Built from research, the current 2026 advisories, and the women who actually travel there.

1 BEFORE YOU GO

- Book your **first 2–3 nights** in a safe neighborhood (El Poblado/Laureles in Medellín, Chapinero in Bogotá)
- Arrange a **local SIM or eSIM** (Claro or Tigo) so you always have data to call a ride
- Share your full itinerary with someone at home + set a **daily check-in time**
- Download offline Google Maps for each city you'll visit
- Save embassy + emergency numbers in your phone (see back page)
- Photograph passport, cards, and insurance; store in a password manager
- Learn 10 key Spanish phrases (help, police, leave me alone, the bill)

2 GETTING AROUND

- Ride apps only** (Uber, Cabify, DiDi, InDriver). Never hail a street taxi after dark
- Screenshot the **driver name + plate** and share your trip status before you get in
- Let the driver say **your** name first; don't confirm it for them
- Sit in the back. Keep your bag and phone close, not on the seat beside the window
- On buses/metro: bag in front, phone away, especially on Bogotá's TransMilenio

3 WHERE YOU STAY

- Choose places with **24-hour reception** and recent reviews from solo women
- Use **female-only dorms** where available
- Check reviews for what the **surrounding blocks** are like at night, not just the property
- Confirm the **door/room locks** properly when you arrive; ask to move if not
- Never let someone you just met know exactly where you're staying

4 NIGHTS OUT — THE SCOPOLAMINE RULES

- Buy your own drinks** and watch them being made and poured
- Never leave a drink unattended** — not for the bathroom, not to dance. Lost sight of it? Abandon it
- Decline drinks, food, gum, cigarettes, or flyers from new acquaintances or strangers
- Be wary of anyone asking you to **touch their phone or a paper** ("help with directions")
- Pre-plan your ride home** before you go out
- Remember: at altitude (Bogotá), alcohol hits faster. Pace yourself
- Carry one card + minimal cash; leave the rest in the accommodation safe

5 IF SOMETHING FEELS WRONG

- Trust the instinct immediately.** Step into a shop, café, or hotel lobby
- Call a ride from inside, not from the street corner
- If you're robbed, **hand over what they want.** Possessions are replaceable
- If you wake up with missing time or memory: **get to a clinic and call Tourist Police (155)**

Colombia Emergency Card

Save this image to your phone before you land. The numbers you'd want in the moment you don't have time to look anything up.

155

Tourist Police

English-speaking operators. Your best first call.

123

General Emergency

Police / all emergencies. Spanish.

125

Medical / Ambulance

If you suspect drugging, get help fast.

165

Anti-Kidnapping (GAULA)

Extortion & kidnapping line.

YOUR EMBASSY (BOGOTÁ)

United States	+57 601 275 2000
Canada	+57 601 657 9800
United Kingdom	+57 601 326 8300
Australia	+57 601 657 8030

"This list isn't here to scare you out of the trip. It's here to take the small, preventable risks off the table so you're free to enjoy everything else."

— Thousands of women travel Colombia solo every year. Prepared, you're one of them.

THE 6 RULES THAT MATTER MOST

- Ride apps only after dark
- Decline items from strangers
- Daily check-in with someone
- Never leave your drink
- Phone out of sight in crowds
- If robbed, just comply