



IS IT SAFE?

Honolulu

SOLO TRAVELER SAFETY GUIDE

OVERALL SAFETY ASSESSMENT

RATING: Safe — among the safer major U.S. cities; ocean conditions and beach t

Honolulu is consistently ranked among the safer major cities in the United States, and Waikiki in particular is busy, well-lit, and active at nearly all hours, making it comfortable for solo travelers including at night.

Petty theft — items left unattended on the beach, valuables visible in parked rental cars — is the most common issue a visitor is likely to encounter, concentrated at busy beaches and tourist parking areas rather than any particular neighborhood.

Ocean safety is the area's genuine hazard. Strong currents, shore breaks, and seasonal surf conditions vary significantly by beach; check posted conditions and lifeguard flags before swimming anywhere outside Waikiki's well-monitored main beach.

RATING SCALE: ★★★★★ Very safe ★★★★★ Safe ★★★ Use awareness ★★ Avoid at night ★ Avoid

NEIGHBOURHOOD SAFETY AT A GLANCE

AREA	RATING	NOTES
Waikiki	★★★★★	Busy, well-lit, and active day and night; standard tourist-area awareness.
Kaka'ako	★★★★	Active and safe during the day; less foot traffic on quieter blocks after dark.
Chinatown / Downtown	★★★	Safe and vibrant during the day; some blocks feel quieter and less active late at night.
Ala Moana Beach Park	★★★★	Popular with locals, calm and well-used; standard beach-park awareness after dark.
Diamond Head trail	★★★★★	Well-managed and busy; hazard is heat and sun exposure, not crime.
Kailua / Lanikai (Windward Coast)	★★★★★	Quiet, residential, and safe; less crowded than Waikiki.

COMMON SCAMS & RISKS

BEACH THEFT

Unattended bags, phones, and wallets on the sand are the most common theft target across Oahu's beaches, including Waikiki. Never leave valuables unattended, even briefly.

RENTAL CAR BREAK-INS

Parked cars at trailheads and remote beach lots are a known target, especially with visible luggage. Don't leave anything valuable visible in the car.

UNLICENSED TIMESHARE OR TOUR PITCHES

Some Waikiki-area promoters offer discounted excursions or free items in exchange for attending a timeshare presentation. Legal but time-consuming — read the fine print.

HEALTH & MEDICAL

The Queen's Medical Center (1301 Punchbowl Street) and Kuakini Medical Center (347 N Kuakini Street) are Honolulu's major full-service hospitals, both within a short drive of Waikiki.

Sun exposure and dehydration are the most common visitor health issues, particularly on the Diamond Head trail and at the beach. Reef-safe sunscreen is required at some beaches and preserves — check local ordinances before your trip.

Ocean-related injuries, including from shore breaks and coral, are more common for visitors unfamiliar with local conditions. Heed posted lifeguard flags and never swim alone at an unmonitored beach.

SOLO TRAVELERS

Honolulu is a comfortable, well-suited city for solo travelers, including solo women — its beach culture is built around individual activities like surfing, sunset walks, and solo dining at plate-lunch counters, and Waikiki's density and around-the-clock activity mean a solo evening rarely feels conspicuous.

The specific precautions are ordinary beach-destination ones: never leave a bag unattended on the sand, check ocean conditions before swimming outside Waikiki's main beach, and use standard city awareness in Chinatown and downtown after dark, where activity thins out earlier than in Waikiki itself.

EMERGENCY CONTACTS

SERVICE	CONTACT
Emergency (Police / Fire / Medical)	911
Honolulu Police (non-emergency)	(808) 529-3111
The Queen's Medical Center	(808) 691-1000
Kuakini Medical Center	(808) 536-2236
Poison Control (US)	1-800-222-1222
Crisis Text Line	Text HOME to 741741
National Suicide Prevention Lifeline	988

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