



IS IT SAFE?

Milan

SOLO TRAVELER SAFETY GUIDE

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Solo Traveler Safety Guide

OVERALL SAFETY ASSESSMENT

RATING

Safe European city. Pickpocketing is the primary concern.

Milan is Italy's most cosmopolitan city — sophisticated, efficient, and generally safe for solo travelers. The Milanese are businesslike rather than effusive, but you'll find genuine warmth when you need help. Petty theft is the chief risk, concentrated around the Duomo and Central Station. Beyond those zones, Milan moves at a calm, purposeful pace.

Milan rewards confident solo travelers — blend in, stay aware, and it's seamless.

NEIGHBORHOOD SAFETY AT A GLANCE

●●●●● = Very safe ●●●●■ = Safe ●●●■ = Use caution ●●■ = Avoid at night ●■ = Avoid

AREA	RATING	NOTES
Brera	●●●●●	Gallery district. Upscale, very safe.
Navigli	●●●●■	Canal district. Lively evenings, mostly safe.
Duomo / Centro	●●●■	High tourist traffic = pickpockets. Stay alert.
Centrale (station area)	●●■	Busiest risk zone. Guard bags closely.
Porta Garibaldi	●●●●■	Modern, well-maintained. Safe.
Isola	●●●●■	Up-and-coming, relaxed neighborhood.
Ticinese	●●●●■	Students and locals. Low key.
Loreto	●●●■	Busy transport hub. Watch belongings.

Central Station is the one zone worth real vigilance. Everywhere else: relax.

GETTING AROUND SAFELY

AREA	RATING	NOTES
Metro	●●●●■	Clean & safe. Beware M1/M3 at peak times.
Tram	●●●●■	Reliable. Watch bags on touristy trams.
NTV / Trenitalia (trains)	●●●●●	Fast intercity trains are safe.
Taxi / Uber	●●●●●	Use licensed white taxis or app.
Cycling / BikeMi	●●●●●	Flat city, cycling is excellent.

COMMON SCAMS & HOW TO AVOID THEM

- Rose gifting:** Man gives you a rose, then demands payment.
- Distraction theft:** Someone spills on you while partner takes bag.
- Taxi overcharging:** Always confirm flat rate or running meter from airport.
- Counterfeit goods:** Illegal — don't buy from street vendors.
- Fake monks:** Less common but present — do not accept gifts.

HEALTH & MEDICAL

- Call 118 for medical emergencies in Italy.
- 112 is the EU standard emergency number — English operators available.
- Ospedale Maggiore Policlinico and Ospedale Niguarda are major English-supported hospitals.
- Farmacie (pharmacies) have the green cross sign and are well-stocked.
- Bring EHIC if EU citizen; non-EU: ensure travel insurance covers medical.

SOLO WOMEN TRAVELERS

Milan has a more reserved street culture than Rome or Naples, which many solo women find refreshing. The business-focused atmosphere means fewer unsolicited interactions. Evening dining alone is entirely comfortable — the Milanese are used to it. Navigli and Brera are ideal for solo evening strolls.

EMERGENCY CONTACTS

Police (Polizia di Stato)	113
Carabinieri (military police)	112
Medical Emergency	118
Fire Brigade	115
US Consulate Milan	+39 02 290 351