

IS MEXICO SAFE?

A brief guide about safety in Mexico and all things you should know to have an incredible vacation in one of the best destinations in the world!

Is Mexico safe? Everything you need To know before traveling to Mexico in 2022

Mexico is one of the most popular and visited countries in the world, for its spectacular beach destinations, vibrant cultural heritage, delicious and unique food, and many incredible natural and cultural attractions.

I have been living in Mexico for 12 years now, in Cancun for 7 years and then traveled all over the country.

I have lived for a few months in Puerto Vallarta, Playa del Carmen, Tulum, Baja California Sur, and visited all the Mexican major cities, including the vibrant capital Mexico City, and lesser-known and yet fascinating places off the beaten path, including the Sierra Gorda in Queretaro, the Copper Canyon and many more. And I always felt safe!

Unfortunately, too many times Mexico has been on the mainstream media only for violent crime episodes committed by drug cartels and various criminal organizations and those are for real. I can't deny it.

We also need to keep in mind other factor that can affect our health simply because we are traveling in a place with a very different climate from our home country. I will talk about it as well in this mini guide!



How to stay safe in Mexico: basic rules

1. Stay away from drugs and drug-related activities. Tulum is a safe town for tourists and incidents of violent crime here are few and far in-between, especially compared to the rest of the country. But when violent crime does happen here, it's usually related to drugs.
2. If you're traveling solo, avoid going to secluded places and dark street or even the beach at night. I would avoid them even if I am not alone.
3. Bicycling is pretty tempting especially when you're in town such as Tulum or Playa del carmen but avoid bicycling around at night. Take a taxi if you're alone.
4. Avoid flaunting your wealth. Petty crime is an issue almost everywhere in the world, and Tulum is no different. Keep your valuables locked away in the safe in your hotel room.
5. Try to avoid over drinking as much as possible. When you do drink, try to do it in a group of people you trust, do so in moderation, and always keep an eye on your drinks to make sure no one spikes them.
6. If you've been drinking, avoid swimming entirely; whether it's at the swimming pool or at the beach.
7. Travel insurance is extremely important. You never know when you might get sick, and the hospitals in Mexico are very expensive for tourists. So get good health insurance before traveling. I normally use [SafetyWing](#) or [WorldNomads](#). Both are great but serve different kinds of needs. So make sure you read through what's included and not.
9. Watch your surroundings when withdrawing cash from an ATM. Avoid doing so at night or in deserted areas (in the Chedraui supermarket you have plenty of choice of ATM Machines and it's safe).
10. Be mindful of whom you trust. A lot of the time scammers rely on your trust to con you out of your money. Eg. If somebody on the street asks you to borrow your phone to make a call, refuse politely. No matter what! Even if they look innocent and friendly.
11. If you're going to the beach at night, stay in front of a hotel with security.
12. Keep your passport in your hotel room's safe. But carry a photocopy everywhere you go; you never know when you might need it.

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13. Beware of the taxi drivers. Some of them are real scammers charging you outrageous rates, just because you are a tourist, and “so rich” (in their mind) and so they think they have the right to rip you off. So make sure you negotiate the rate before getting in the taxi and if you don’t agree with the rate just say no and call another one. There are still a few honest drivers around.

14. Get a [Mexican sim card](#) so that it will make it easy to stay connected in case you need to ask for help, make a reservation, use your google map. It's also useful to stay in touch with your family via Whatsapp calls where there is no wireless.

15. Depending on where you are, it's safe to [rent a car in Mexico](#). Just make sure you get the full insurance and follow some basic rules on [driving in Mexico](#).



How to stay healthy while traveling in Mexico

- 1. Don't drink tap water** - Tap water is not drinkable unless they tell you so because of a special water purifier is used. Make sure you have always a bottle of purified water or natural spring water (agua de manantial) with you.
- 2. You can eat greens** - It is a common myth that tourists must avoid greens, meaning any leafy vegetables consumed raw (lettuce, for example) . But you can eat them!
- 3. You can have ice in your drinks** - same goes for ICE - they use drinkable water to make ice so you are ok to have it.
- 4. Enjoy street food, but use precautions**- Street food is one of Mexico's best delicacies, as their typical best meals are cooked by street vendors. However, not all of them are good, and not all of them offer good fresh products and hygiene practices.
- 5. Always have wet wipes** with you to make sure you keep your hands clean, always! not just because of the pandemic.
- 6. Drink a lot of water** - Especially in beach destinations it's really hot and the sun is strong, so make sure you stay hydrated. Keep a refillable water bottle with you and top it up every time you can. Especially if you go out on tours to cenotes or Mayan ruins where you are even more exposed to sun rays
- 7. Bewear of the heat** - Make sure you are wearing sunblock even on a cloudy day especially if you are on the Mexican Coast. It's very easy to get a sunburn and you will spoil your vacation. Make sure it's eco-friendly though.
- 8. Use mosquito repellent** - There are a lot of mosquitoes, especially in the wet season and there have been random cases of Zika and other mosquito-related diseases.
9. The above mentioned rules don't apply when you are visiting a **cenote**. There it is prohibited to use any repellent or sunblocks because they can damage the fragile ecosystem.

Now you are ready to travel to Mexico! But if you haven't planned anything yet, Make sure you check my [Mexico travel guide](#) with all the basics!

Happy travels!!!

Isabella - [Boundlessroads.com](#)