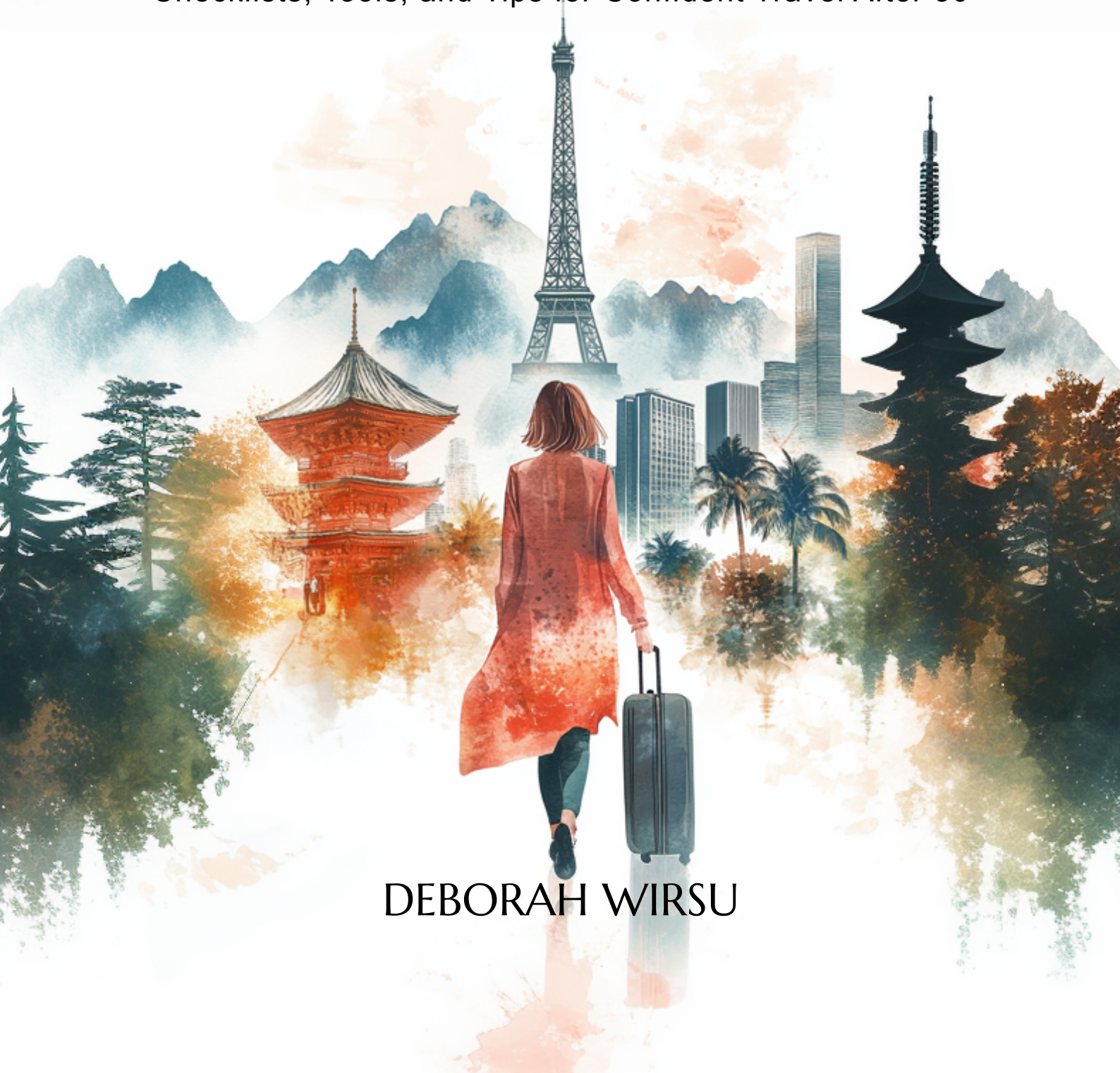


SOLO TRAVEL TOOLKIT FOR WOMEN

Checklists, Tools, and Tips for Confident Travel After 50



DEBORAH WIRSU

CONTENTS

INTRODUCTION	3
WORLD MAP	4
TRAVEL PLANNING WORKSHEET	5
PRINTABLE PACKING LIST FOR WOMEN	17
PRINTABLE TRAVEL-DAY CHECKLIST	19
TRIP COUNTDOWN CHECKLIST	21
WHAT TO LOOK FOR IN A SOLO-FRIENDLY DESTINATION	22
SOLO DINING CONFIDENCE TIPS FOR WOMEN	24
REFLECTION JOURNAL PROMPTS	25
DAILY TRAVEL JOURNAL TEMPLATE	27
TRAVEL MINDSET TIPS FOR THE ROAD	29
[BONUS] SOLO ADVENTURE STARTER GUIDE	30
BONUS TIPS.....	36
YOUR SOLO ADVENTURE AWAITS!	36
READY FOR MORE?	37

INTRODUCTION

Hello and welcome!

Whether you're planning your very first solo journey or simply dreaming about where to go next, I'm so glad you're here.

The ***Solo Travel Toolkit for Women*** was created to help you take those first steps with confidence. Inside, you'll find checklists to keep you organised, reflection prompts to spark your dreams, practical tips for smart travelling, and thoughtful questions to help you design a journey that feels uniquely yours.

Solo travel isn't about being fearless — it's about being curious. It's about giving yourself permission to explore the world at your own pace, in your own way. Every checklist you complete, every question you answer, every moment you reflect — these are small steps toward a bigger adventure waiting just ahead.

Take what you need, skip what you don't — there's no 'wrong' way to begin.

If you'd like even more support, encouragement, and practical ideas, I invite you to stay connected through IntermezzoAdventures.com — where you'll find stories, tips, and inspiration for women embracing travel at every stage of life.

Adventure is ageless — and it's yours to claim.

Let's get started!

Deborah

IntermezzoAdventures.com



WORLD MAP



Image Credit: Stock Ninja Studio

TRAVEL PLANNING WORKSHEET

Mapping Out Your Adventure: Organise Your Essentials, Plan Your Dreams

Planning a solo journey doesn't have to be complicated — but a little thoughtful preparation can make the difference between a good trip and a great one.

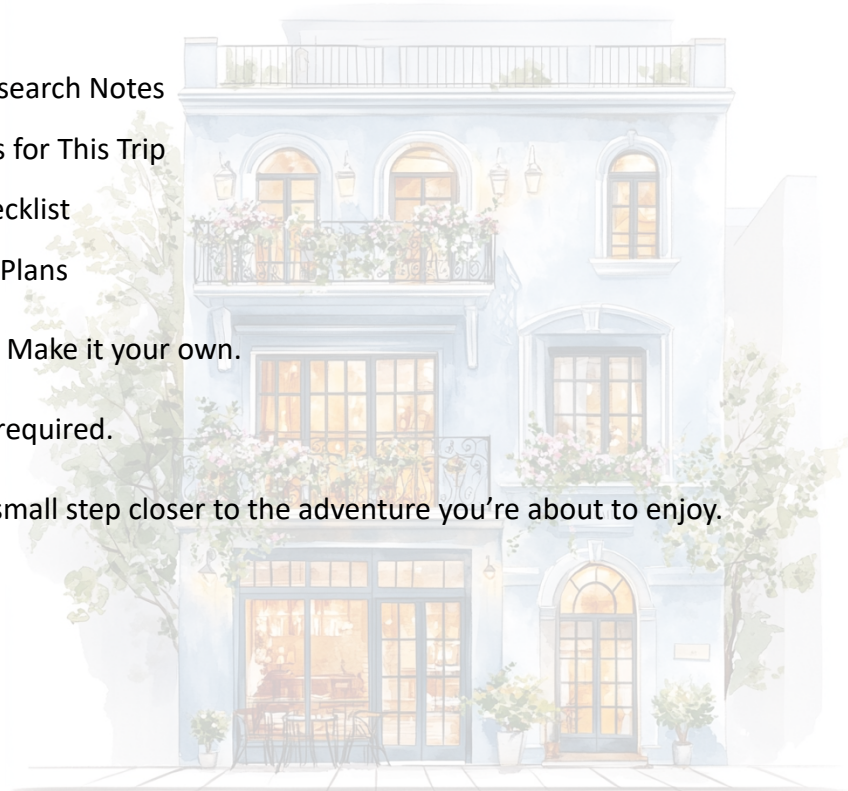
This comprehensive *Travel Planning Worksheet* (pages 6-16) is designed to help you organise the essentials in one place:

- Trip Snapshot
- Destination Details
- Accommodation Details
- Transport Details
- Budget Overview
- Must-See and Must-Do Experiences
- Activities and Tours
- Attractions
- Weekly Planner
- Daily Itinerary
- Cultural / Local Research Notes
- Packing Reminders for This Trip
- Pre-Departure Checklist
- Notes and Special Plans

Take your time filling it in. Make it your own.

Make copies of pages, as required.

Every note you write is a small step closer to the adventure you're about to enjoy.



TRAVEL PLANNING WORKSHEET

Mapping Out Your Adventure: Organise Your Essentials, Plan Your Dreams

Trip Snapshot

Category	Notes
Destination(s):	<hr/> <hr/>
Travel Dates:	<hr/>
Main Purpose/Goal:	<hr/> <hr/>
Estimated Total Budget:	<hr/>

Destination Details

Destination #1:		
<hr/>		
Arrive:	Depart:	# Nights
<hr/>		
Currency:	Language:	
<hr/>		
Entry Requirements (Visas, Vaccinations, etc.):		
<hr/>		
<hr/>		
Places to Visit / Activities:		
<hr/>		
<hr/>		
<hr/>		

Destination #2:

Arrive:

Depart:

Nights

Currency:

Language:

Entry Requirements (Visas, Vaccinations, etc.):

Places to Visit / Activities:

Destination #3:

Arrive:

Depart:

Nights

Currency:

Language:

Entry Requirements (Visas, Vaccinations, etc.):

Places to Visit / Activities:

Accommodation Details

Accommodation Name	Address	Booking Ref.	Check-in/Out Dates

Transport Details

Flights/Trains/Buses/Ships:

Booking Refs:

Local Transport Plans (Taxis, Apps, Car Hire, etc.)

Transport To/From Airport or Station:

Budget Overview

Category	Item/Detail	Est. Cost	Dates	Paid (Y/N)	Notes
Flights/Transport					
Accommodation					
Local Transport					
Activities & Tours					
Food & Dining					
Travel Insurance					
Miscellaneous					
Total Budget					

Must-See and Must-Do Experiences

Top Activities or Places I Want to Visit:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Activities & Tours

Activity /Tour	
Tour Name	Notes:
Location / Pickup Point	
Date & Time	
Price	Booked? Y / N

Activity /Tour	
Tour Name	Notes:
Location / Pickup Point	
Date & Time	
Price	Booked? Y / N

Activity /Tour	
Tour Name	Notes:
Location / Pickup Point	
Date & Time	
Price	Booked? Y / N

Activity /Tour	
Tour Name	Notes:
Location / Pickup Point	
Date & Time	
Price	Booked? Y / N

Attractions

Attraction	
What?	Notes:
Where?	
Date & Time	
Price	Booked? Y / N

Attraction	
What?	Notes:
Where?	
Date & Time	
Price	Booked? Y / N

Attraction	
What?	Notes:
Where?	
Date & Time	
Price	Booked? Y / N

Attraction	
What?	Notes:
Where?	
Date & Time	
Price	Booked? Y / N

Weekly Planner

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Location	Location	Location	Location	Location	Location	Location
Itinerary	Itinerary	Itinerary	Itinerary	Itinerary	Itinerary	Itinerary
Accommodation	Accommodation	Accommodation	Accommodation	Accommodation	Accommodation	Accommodation
Mode of Travel	Mode of Travel	Mode of Travel	Mode of Travel	Mode of Travel	Mode of Travel	Mode of Travel
Notes	Notes	Notes	Notes	Notes	Notes	Notes

Weekly Planner

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Location	Location	Location	Location	Location	Location	Location
Itinerary	Itinerary	Itinerary	Itinerary	Itinerary	Itinerary	Itinerary
Accommodation	Accommodation	Accommodation	Accommodation	Accommodation	Accommodation	Accommodation
Mode of Travel	Mode of Travel	Mode of Travel	Mode of Travel	Mode of Travel	Mode of Travel	Mode of Travel
Notes	Notes	Notes	Notes	Notes	Notes	Notes

Daily Itinerary

[illegible]

Cultural / Local Research Notes

Important Things to Know Before I Go:

- ☐
- ☐
- ☐
- ☐

Packing Reminders for This Trip

Special Items Needed for This Destination (weather, activities, customs):

- ☐
- ☐
- ☐
- ☐

Pre-Departure Checklist

- ☐ Confirm passport validity
- ☐ Arrange travel insurance
- ☐ Check visa requirements
- ☐ Finalise accommodation bookings
- ☐ Book transport (flights, trains, buses)
- ☐ Notify bank of travel dates (if necessary)
- ☐ Arrange pet/house care (if needed)
- ☐ Download keep apps (maps, translation, transport)
- ☐ Set up phone eSIM (or roaming)
- ☐ Make copies of important documents
- ☐
- ☐
- ☐



PRINTABLE PACKING LIST FOR WOMEN

Use this checklist as a guide, not a rulebook! Pack what supports your trip, leave behind what weighs you down. Adjust the list to suit your destination, climate, activity types, trip duration, and personal preferences. Tick off each item as you pack.

CLOTHING

- ☐ 3-4 Tops (wrinkle resistant)
- ☐ 2 Pairs Pants (casual/dressy)
- ☐ 2 Pairs Shorts / Capris
- ☐ 1-2 Dresses or Tunics
- ☐ 1 Light Jacket / Fleece / Cardigan
- ☐ 1 Waterproof / Windproof Jacket
- ☐ 1 Winter Overcoat (seasonal)
- ☐ Gloves (seasonal)
- ☐ Sleepwear
- ☐ 5-7 Pairs of Underwear
- ☐ 2 Thermal Underwear (seasonal)
- ☐ 2-3 Bras
- ☐ 4-5 Pairs of socks
- ☐ 1 Pair Leggings / Tights
- ☐ 1 Swimsuit
- ☐ Scarf or Shawl
- ☐ Sunhat / Beanie / Cap
- ☐ Modest Outfit (for cultural visits)
- ☐ 1 Belt (optional)
- ☐
- ☐
- ☐
- ☐
- ☐

SHOES

- ☐ Walking shoes, Sneakers, or Hiking Boots
- ☐ Dressy Flats or Sandals
- ☐ Flip-flops or Shower Shoes
- ☐ Slippers or Indoor Shoes
- ☐ Snow Boots (seasonal)
- ☐
- ☐
- ☐

TOILETRIES

- ☐ Toothbrush, Toothpaste, Floss
- ☐ Shampoo & Conditioner
- ☐ Face Wash or Wipes
- ☐ Moisturiser with SPF
- ☐ Deodorant
- ☐ Razor (optional)
- ☐ Lip Balm
- ☐ Feminine Hygiene Products
- ☐ Nail Clippers/File
- ☐ Tweezers
- ☐ Hairbrush or Comb
- ☐ Small Mirror
- ☐ Hair Ties
- ☐ Minimal Makeup
- ☐ Hand Sanitiser
- ☐ Sunscreen
- ☐ Eye drops
- ☐ Tissues
- ☐ Mini Sewing Kit or Safety Pins
- ☐ Body Soap (optional)
- ☐ Travel Towel or Washcloth (optional)
- ☐
- ☐
- ☐
- ☐

Last Minute Reminders...

.....

.....

.....

.....

MEDICATION & FIRST AID

- ☐ Prescription Medications
- ☐ Pain Relief Tablets
- ☐ Antihistamines
- ☐ Motion Sickness Tablets
- ☐ Anti-Diarrhoeal Tablets
- ☐ Band-Aids/Plasters
- ☐ Antiseptic Wipes or Cream
- ☐ Rehydration Salts (optional)
- ☐ Insect Repellent
- ☐ Personal Medical Devices
- ☐ Pill Organiser & List of Meds (optional)
- ☐
- ☐

ELECTRONICS

- ☐ Smartphone + Charger
- ☐ Power Bank (<100Wh)
- ☐ E-Reader or Paperback Book
- ☐ Travel Adapter with USB Ports
- ☐ Earbuds or Headphones
- ☐ Charging Cables
- ☐ SIM / eSIM Details + PIN
- ☐ Laptop/Tablet (optional)
- ☐ Camera (or use your phone)
- ☐ Small Torch or Headlamp (optional)
- ☐
- ☐
- ☐

DOCUMENTS & SECURITY

- ☐ Passport (valid 6+ months)
- ☐ Visa (if required)
- ☐ Travel Insurance Documents
- ☐ Flight/Train/Bus Tickets
- ☐ Accommodation Confirmations
- ☐ Emergency Contacts List (digital & printed)
- ☐ Spare Passport Photos
- ☐ RFID-Blocking Wallet/Pouch
- ☐ Lockable Luggage or Cable Lock
- ☐

TRAVEL AIDS & EXTRAS

- ☐ Packing Cubes or Ziplock Bags
- ☐ Travel Clothesline + Plastic Pegs
- ☐ Reusable Water Bottle
- ☐ Cutlery Set (plastic knife/fork/spoon)
- ☐ Plastic Cup or Mug (optional)
- ☐ Eye Mask & Earplugs
- ☐ Notebook + Pen
- ☐ Phrasebook or Translation App
- ☐ Safety Whistle (optional)
- ☐
- ☐
- ☐
- ☐

BAGS

- ☐ Main Suitcase / Backpack /Duffle
- ☐ Carry-On/Under-Seat Bag
- ☐ Crossbody/Day Bag
- ☐ Packable Tote / Shopping Bag
- ☐ Wet/Dry Laundry Bag
- ☐
- ☐
- ☐

OPTIONAL BUT HELPFUL

- ☐ Small Travel Umbrella
- ☐ Neck Pillow and Eye Mask
- ☐ Compression Stockings
- ☐ Jewellery (minimal)
- ☐ Sunglasses
- ☐ Doorstop for Hotel Room Security
- ☐ Travel Laundry Wash
- ☐ Travel Snacks
- ☐ Extra Ziplock Bags (just in case)
- ☐ Short Extension Cord (for medical devices)
- ☐
- ☐
- ☐
- ☐
- ☐

PRINTABLE TRAVEL-DAY CHECKLIST

Your step-by-step guide through departure, flight, and arrival

BEFORE YOU LEAVE HOME

- ☐ Confirm your flight / train / bus / ferry time and terminal gate / port.
- ☐ Check-in online (if available) and download / print boarding pass.
- ☐ Ensure your passport and visa (if required) are packed and valid.
- ☐ Have copies (digital and/or printed) of your itinerary and bookings.
- ☐ Label all baggage (both checked and carry-on) with your contact details.
- ☐ Charge devices and pack chargers / power banks in carry-on luggage.
- ☐ Weigh your suitcase to avoid excess baggage fees.
- ☐ Dress in comfortable layers and wear slip-on shoes.
- ☐ Pack travel documents, pen, water bottle (empty), and snacks.
- ☐ Arrange transport to the terminal with buffer time.

AT THE AIRPORT / TERMINAL

- ☐ Go to the correct terminal or gate (check signage / screens).
- ☐ Check in or drop bags (use kiosk, counter, or bag drop).
- ☐ Prepare for security:
 - ☐ Liquids (100ml max per item) in clear Ziplock bag.
 - ☐ Electronics easily accessible
 - ☐ Remove coats/jackets, empty pockets
- ☐ Stay calm through security — give yourself plenty of time.
- ☐ Complete immigration if required (have passport and visa ready).
- ☐ Use the restroom and fill water bottle (or purchase water) after security.
- ☐ Find your gate early and stay alert for changes (especially in 'Silent' airports).

ON THE PLANE /IN TRANSIT

- ☐ Keep passport, ID, and essentials within easy reach.
- ☐ Drink water and move around when possible.
- ☐ Keep your seatbelt fastened while seated.
- ☐ Wear compression stockings for long-haul flights.
- ☐ Use a neck pillow and bring an eye mask and earplugs for rest.
- ☐ Set your watch or phone to your destination's time zone.
- ☐ Avoid too much caffeine or alcohol.
- ☐ Bring light entertainment (books, music, podcasts).
- ☐ Keep snacks and medications in your carry-on bag.

ARRIVAL AND BEYOND

- ☐ Follow signs to immigration / passport control.
- ☐ Have your itinerary and accommodation details handy.
- ☐ Collect your bags — check the carousel number.
- ☐ Fill out arrival / customs forms (bring a pen!)
- ☐ Declare any required items at Customs.
- ☐ Check for ground transport options or ride-share pickup points.
- ☐ Take a breath — your adventure begins now!

Last Minute Reminders...

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.....

.....



TRIP COUNTDOWN CHECKLIST

A simple timeline to help you prepare with confidence

30+ Days Before Departure

- ☐ Check passport validity and visa requirements
- ☐ Finalise accommodation and transport bookings
- ☐ Purchase travel insurance
- ☐ Book any necessary tours or activities
- ☐ Arrange pet/house care (if needed)
- ☐ Notify bank of travel dates (if necessary)

14 Days Before Departure

- ☐ Start packing list and purchase missing items
- ☐ Confirm all bookings and itinerary details
- ☐ Organise travel money/cards
- ☐ Download essential apps (maps, translation, transport)
- ☐ Arrange mobile phone eSIM or international roaming
- ☐ Print or save copies of important documents

7 Days Before Departure

- ☐ Pack main suitcase and hand luggage
- ☐ Reconfirm transport to airport/station
- ☐ Clean out fridge and tidy house
- ☐ Take pets to kennels/cattery, etc.
- ☐ Leave itinerary/emergency contact with a trusted person
- ☐ Take a moment to breathe — you're nearly there!



WHAT TO LOOK FOR IN A SOLO-FRIENDLY DESTINATION

A few key things to consider when choosing where to go

Travelling solo is empowering, but choosing a destination that matches your comfort level, interests, and travel experience can make your journey even more rewarding. Here are few key things to keep in mind when researching where to go next.

Language & Communication

- Is English commonly spoken (or is the local language one you're comfortable with)?
- Translation apps can help, but destinations with multilingual signage or English-speaking locals can ease your first solo experience.

Ease of Getting Around

- Look for cities or regions with good public transport, clear signage, and walkable neighbourhoods.
- Bonus points if the destination has traveller-friendly features like tourist passes or transport cards.

Local Culture & Customs

- Research the local customs around dress, dining, social behaviour, and gender roles.
- Some destinations are more relaxed and inclusive for solo women; others may feel more conservative, complex, or confronting.

Safety & Security

- Check recent travel advisories and read forums or blogs from other solo women travellers.
- Look for places known for general safety, low petty crime, and a welcoming atmosphere.

Accommodation Options

- Consider destinations with a good mix of mid-range hotels, boutique guesthouses, or hostels with private rooms.
- Places with strong traveller infrastructure often have safer, more solo-friendly options.

Budget Considerations

- Is the destination affordable for your comfort level and travel style?
- Some cities are known for offering great value — others may require more planning to avoid overspending.

Friendliness to Solo Travellers

- Some destinations naturally attract solo visitors and offer easy ways to connect (e.g. walking tours, group excursions, cafés with communal tables, etc.).
- Look for destinations where it's normal — and enjoyable — to explore on your own.

Choosing a solo-friendly destination doesn't mean avoiding challenge — it means setting yourself up to travel with confidence (especially if this is your first solo adventure).

SOLO DINING CONFIDENCE TIPS FOR WOMEN

Simple strategies to enjoy eating out on your own

Dining solo can feel intimidating at first — especially when you're surrounded by couples or groups. But it's also an empowering experience. Here are a few tips to help you feel comfortable, confident, and enjoy the experience of eating alone on the road.

Choose Your Setting Wisely

Look for casual cafés, bistros, food halls, or small local spots where solo diners are common. Outdoor seating, counter spots, and window tables often feel less exposed and more relaxed.

Go at Off-Peak Times

Avoiding peak dining hours (e.g. opt for an early or late lunch, or early dinner) gives you more seating options and a quieter environment. You'll also have more time to enjoy your meal without feeling rushed.

Bring a Book, Phone, or Journal (or Not!)

Having something to read or write in can ease early awkwardness. But don't feel you must keep busy — it's okay to sit, sip, and people-watch without distraction.

Smile and Make Eye Contact

A friendly attitude can make a big difference — especially if there's a language barrier. A warm smile and simple manners often go further than words.

Treat Yourself

Order something special. You don't have to justify your meal to anyone. Eating out alone is an act of self-kindness, not something to apologise for.

Start Small

If the idea of a full sit-down dinner feels too daunting at first, start with a snack, light lunch, or coffee in a busy café. Build up at your own pace — there's no need to jump straight into fine dining.

Trust That It Gets Easier

The more you do it, the more natural it feels. And before long, you'll realise you're not the only one dining alone — and that nobody is watching you as closely as you think.

REFLECTION JOURNAL PROMPTS

Travel isn't just about where you went, but what you discovered

Travel invites us to see the world with new eyes — and often, to see ourselves differently, too. These gentle prompts are designed to help you pause, reflect, and capture moments that matter —whether you're writing during your trip or once you're back home.

There's no pressure to answer them all, and no need to write pages. Just pick the ones that resonate and write whatever feels right.

Journal Prompts

- What surprised me most today about this place or culture?
- What sounds or smells have I noticed?
- What interesting people did I meet today?
- Was there a moment when I felt connected to the place or people?
- One challenge I overcame and what it taught me.
- A small detail I want to remember forever.
- What made me choose this destination? Has it met my expectations?
- How did today stretch me, even in a small way?
- What made me laugh/cry today?
- What did I eat today?
- How am I feeling today? Am I happy, relaxed, tired, stressed, homesick? Why?
- Describe the weather and how it makes you feel.
- What I love / don't love about this place.
- Describe your day...a walk, tour, encounter with people/wildlife/wilderness.
- How far have I travelled today/this trip?
- Has something disastrous happened on your trip? How did you deal with it? How has it affected you?
- Describe any local customs or legends I've learned about on this trip.
- What was the most amazing thing about this trip?
- What are you most looking forward to about going home (or would you prefer to stay!)?

DAILY TRAVEL JOURNAL TEMPLATE

Because the small details often become the best memories

Travel is made up of thousands of small, vivid moments — the kind that fade unless we take the time to capture them.

This simple journal page is designed to help you reflect on each day of your journey: what stood out, your activities for the day, what you learned, and what you don't want to forget.

There's no right or wrong way to use it. Just jot down whatever feels meaningful — a conversation, a view, information you want to remember, a challenge you overcame, or something that made you laugh.

You can print and use the journal page that follows as often as you like or simply copy the layout into a notebook.

Some ideas to guide your writing:

- Today's highlights.
- One thing I learned.
- A moment I want to remember.
- What surprised or delighted me.
- How I felt — and why.

Even five minutes at the end of the day can turn a fleeting experience into a lasting memory.

Daily Journal

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Location

Weather

Journal grid with 31 columns (days) and 12 rows (months).

TRAVEL MINDSET TIPS FOR THE ROAD

Every trip will stretch you — that's part of the magic

Even the best-planned adventures come with a few bumps along the way. These simple mindset reminders can help you navigate travel with more ease, humour, and self-assurance. You don't have to get it all right — just stay open to the road ahead.

Flexibility is your best travel companion

- Plans will change. Trains sometimes run late. Weather shifts.
- Each unexpected moment is a chance to practice patience — and maybe discover something even better than you planned.

Curiosity opens doors

- Ask questions. Try something unfamiliar.
- Even a simple walk down a new street can spark connection, discovery, and unforgettable memories.

Humour is a powerful travel tool

- When things don't go perfectly (and they won't, sometimes), a sense of humour can lighten your load and turn a mishap into a story worth telling.

Embrace the journey (even when it feels uncertain)

- New experiences can stir up anxiety — that's normal. But often, the most memorable moments come when we take a small, sensible risk: starting a conversation, trying something unfamiliar, saying *Yes* when we could say *No*.
- Acknowledge the nerves, then focus on what's possible — not what could go wrong.
- Confidence grows through doing, not waiting.

[BONUS] SOLO ADVENTURE STARTER GUIDE

10 Key Questions to Shape Your Travel Experience

Welcome!

This ***Solo Adventure Starter Guide*** is a tool designed to help you decide what style of trip you want to embark on, and what you hope to gain from the journey.

Inside, you'll find a set of 10 key questions to shape your travel experience.

There are many, many ways to travel, and going 'solo' doesn't mean you need to be alone all the time. Often, a mix-and-match itinerary, incorporating varied experiences, is the best way to go. These questions will be useful for anyone planning their next trip, solo or not.

Whether you're embarking on your first solo journey or you're a seasoned traveller, taking time to reflect on your motivations, preferences, and goals will ensure a more fulfilling and meaningful trip.

I've prepared these ten questions based on my travel experience — use them to explore what's most important to you. Jot down notes and ideas as you prepare for your adventure!

SOLO TRAVEL STARTER GUIDE WORKSHEET

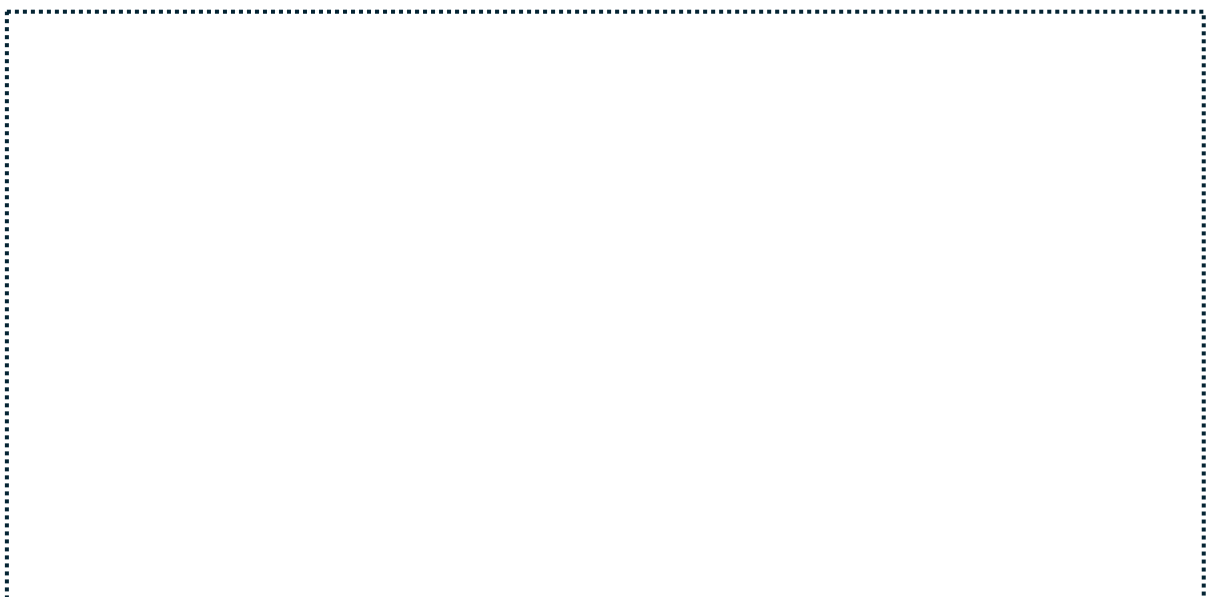
Q. 1: Why do I want to travel solo?

Your reasons for travelling solo are personal and understanding them is the foundation of a meaningful journey. Take a moment to reflect on why you want to go solo. Is it for self-discovery, freedom, necessity, or simply because it's something you've always wanted to do?



Q. 2: What is my primary goal for this trip?

Think about what you hope to experience or achieve during your solo adventure. Are you seeking relaxation, cultural immersion, adventure, or personal growth? Defining a primary goal allows you to focus your planning and prioritise the activities that matter the most.



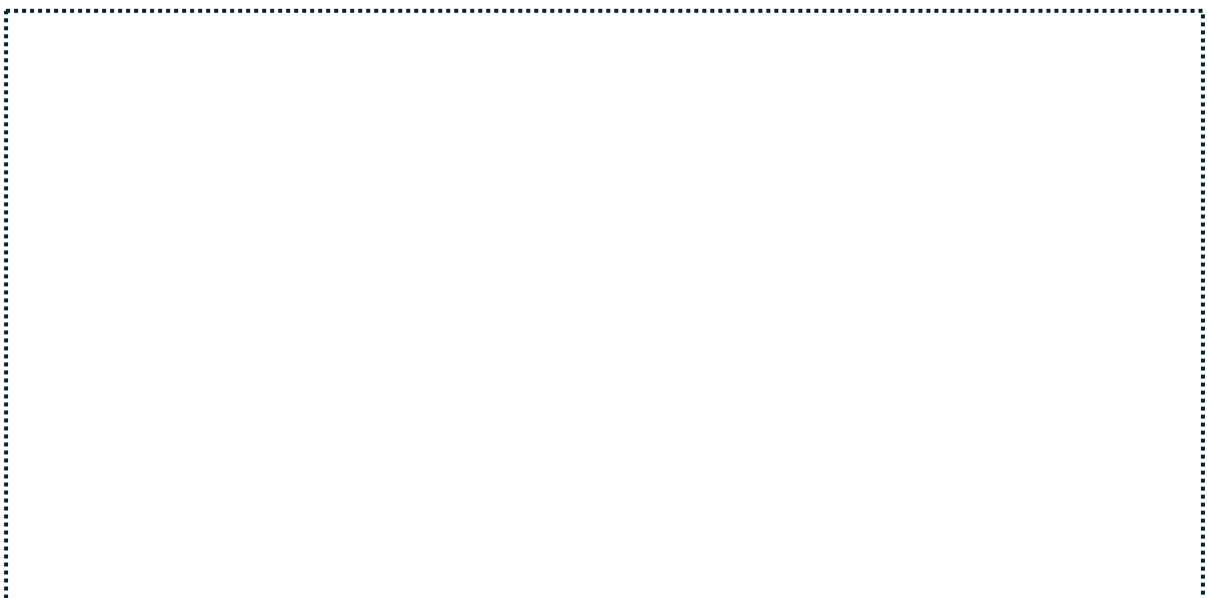
Q. 3: Am I too old to travel solo?

If this crosses your mind, the answer is '*No, you're not too old.*' Solo travel isn't bound by age; it's about mindset, preparation, and confidence. But if this question resonates, think about the reasons for your doubt. Perhaps you have health concerns or a disability, or you're a little fearful of going it alone. Explore options that will alleviate your concerns and allow you to enjoy the experiences you want. All problems have a solution.



Q. 4: How do I feel about being 'out of my comfort zone'?

Travel often challenges us in unexpected ways. Reflect on your willingness to embrace unfamiliar experiences. Consider how you can pre-empt discomfort — e.g. plan an activity for your first day in a new place, join a small group tour for a few hours or a day (and meet people), research public transport options before arrival, ask for help if you need it.



Q. 5: What is my budget? And how flexible can it be?

Budgeting is a crucial part of trip planning. Start by estimating how much you're willing to spend on major categories: accommodation, food, transport, and activities. Consider where you might want to splurge, and where you're comfortable cutting back. For example, you might allocate extra for a memorable guided tour but be prepared to choose budget-friendly accommodation.

Q. 6: Finding the ideal travel style: What pace of travel suits me best?

Solo travel allows you to set your own pace. Do you prefer an action-packed schedule or a leisurely pace with plenty of down time? Being honest about your energy levels, abilities, and preferences will help you avoid burnout or accidents, and enjoy greater pleasure from your trip. Think about the different ways to travel, too: guided tours, resorts, cruises, totally independent DIY, volunteering — or 'mix and match' to create your perfect travel experience.

Q. 7: What type of accommodation do I prefer?

Where you stay can impact your experience, especially when travelling alone. Consider your personal preferences: Do you feel safest in a hotel with a 24-hour front desk, or a cosy B&B? Perhaps you'd enjoy the social aspects of a hostel or the privacy of a holiday rental? Maybe a cruise would be perfect? Choosing the right accommodation ensures you'll feel comfortable and secure throughout your trip.

Q. 8: What activities or experiences am I looking for?

Solo travel is your chance to indulge your interests without compromise. Think about the experiences and activities that excite you most about your destination. Whether it's exploring a famous landmark, taking a hands-on workshop, savouring street food at a night market, or hiking in the mountains, plan your itinerary around what brings you joy. Remember, this trip is about *you*! You're in control, free to shape a trip that excites and inspires you.

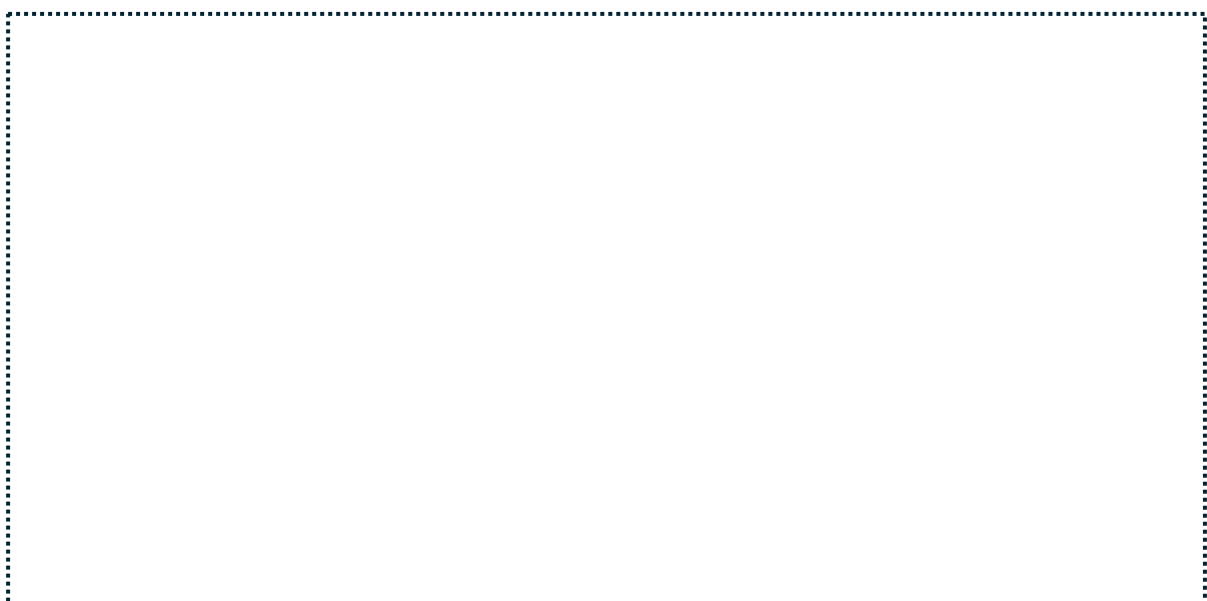
Q. 9: How will I stay safe and connected?

When travelling solo, safety and staying connected go hand in hand. Think about travel insurance, communication methods, and emergency plans. How will you ensure you feel secure and stay in touch with loved ones during your trip? Consider options for Wi-Fi and SIM (or eSIM) cards; find out if there are places to avoid, especially at night; and prepare a list of emergency contacts. Being prepared isn't about paranoia — it's about empowering yourself to explore the world independently and safely.



Q. 10: What will make this trip meaningful for me?

Ultimately, your solo adventure should reflect your values, aspirations, and desires. Whether you're seeking adventure, relaxation, personal growth, or the joy of exploring somewhere new, defining your purpose will create a fulfilling trip. Remember, a meaningful trip isn't just about lofty goals or soul-searching. It can be found in simple pleasures, too. Take time before you depart to consider what would make your trip 'perfect'.



BONUS TIPS

- Start small: If this is your first solo trip, consider a destination closer to home or one with organised inclusions.
- Join local experiences: Look for day tours, group activities, or workshops to connect with locals and other travellers.
- Pack light: It's liberating and makes navigation easier. Remember, whatever you pack, you have to carry!
- Trust your instincts: If something feels off, don't hesitate to remove yourself from the situation.
- Stay curious: Embrace the unexpected moments — they often create the best memories.

YOUR SOLO ADVENTURE AWAITS!

Reflecting on these ten questions is about more than trip planning — it's about ensuring your journey is everything you want it to be.

With thoughtful preparation, your trip can bring joy, lasting memories, and a sense of accomplishment.

Whether immersing yourself in a new culture, conquering a challenge, or recharging in solitude, solo travel lets you create a journey that is uniquely yours.

Planning is part of the adventure, so trust yourself and embrace independence.

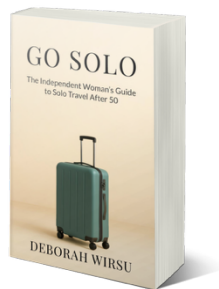
Your time is now!



READY FOR MORE?

What's next after the Toolkit?

If you haven't yet read the book, ***Go Solo: The Independent Woman's Guide to Solo Travel After 50***, it's full of real stories, travel smarts, and just the right nudge to get you out the door (or dreaming about it).



Grab your copy here... <https://intermezzoadventures.com/books/go-solo/>



Available in convenient paperback and eBook formats.