

Travel Solo - Know Before You Go

Traveling solo can be a thrilling experience that pushes the boundaries of your comfort zone. However, you want to make sure you prepare before venturing off! Here are some “know before you go” on solo travel.

Leave Your Contact Info with Someone at Home

When traveling, especially overseas where communication might be trickier, it's important to let someone know your travel plans. Let them know where you're going, where you'll be staying, and the travel dates. This will keep your loved ones at home in the loop just in case they need to get ahold of you.

Keep Copies of Important Documents

Always keep copies of your important documents, such as your passport, social security card, and other necessary paperwork. These copies can come in handy in case you misplace one during your travels!

Network

Talk to your contacts about where you'll be traveling to, they may have connections in those places and could connect you with other people in their network. This is great for solo traveling because it can help give you more insight from locals into where you're going and, if you feel so inclined, you can meet up!

Bring a Book and a Journal

You may face some long travel days, and since you'll be traveling solo, having a book to read can help entertain you. Journaling is another excellent way to keep yourself entertained; it's also great to have so you can document your journey! Trust us on this! It's fun and special to find your travel journals and read back and recall those travel moments later in life.

Learn How to be Alone

Traveling solo means spending time alone. Depending on your personality, this might be the most challenging part of traveling solo. Being with yourself alone in another country is a big deal but learning to slow down can create a lot of growth, and you can learn more about who you are.

You May Never Feel 100% Ready

This one speaks for itself. It's hard to find the time and energy to commit to traveling internationally with our busy lives. But is there ever really a "perfect" time to go? You might also be thinking that you aren't ready to travel solo yet, but again, is there really going to be a "perfect" time? If you're considering traveling alone, take the leap!

Things Will Go Wrong... That's Okay

No matter if you're traveling alone or with others, something will go wrong. If you're traveling solo and something goes wrong, it might be stressful in the moment, but it's going to make great stories to tell and will help you learn to be more flexible. Roll with it!

Keep Emergency Contact Info on You

It's crucial that you give someone at home your information on where you'll be traveling, but it's also essential to keep their information on you as well. Ideally, it's great to keep this information in multiple places, such as your mobile device and your journal. This is important just in case your phone is out of battery or misplaced and you need to call home.

Understand The Cultures You're Entering

When entering new countries, we highly recommend learning more about the local cultures before visiting. This can help prepare you for anything you might face, such as clothing restrictions or norms and understanding mannerisms.

Stay Somewhere Where You'll Meet Others

One of the coolest parts about traveling solo is the people you meet. Staying at a place like a hostel, situates you perfectly to meet like-minded individuals who might be traveling solo as well. And who knows, the people you meet on your solo adventure might turn into life-long friends!

Know Where You're Going

It's always a good idea to create some kind of plan before your travels. This will help give you an idea of any transportation you might need to take and how to visit each place on your list effectively.

Ask Locals for Recommendations

Talking to locals is a wonderful way to learn about the place you're visiting. They can tell you the best places to visit that you might miss if you're just going to the tourist attractions, and as an added bonus, they're likely to be much less busy!

Try Not to Overpack

When traveling solo, you're in charge of all your bags. Make sure you're able to carry all your items before you leave and have room left for any souvenirs you might be bringing back with you.

Try to Act Confidently in Public

Acting confident is key, especially if you're not sure where you are or where you're going. When you show confidence, it's less likely someone will try and take advantage of you. We'd like to believe that most people you meet wouldn't do this, but you can never be too cautious.

Traveling solo is truly an adventure of a lifetime, and we believe it can add so much value to your life. It can be a scary one, but well worth it!