

PLAN YOUR FIRST SOLO TRIP



FREE GUIDE

[SOMEWHEREIRL.COM](https://somewhereirl.com)

BROUGHT TO YOU BY:

Somewhere *irl*

Somewhere IRL is a travel and lifestyle blog created for women who value thoughtful, curated travel experiences. It's about choosing quality over quantity, and savoring every moment, whether you're exploring a new country or uncovering hidden gems in your own backyard.

This blog is for travelers who:

- Love to travel or dream of traveling
- Are unsure where to start but know they're ready to go

About This Guide

This solo travel planner is for the woman who's ready to embrace her next era of adventure. If you're done waiting and ready to make that first (or next) solo trip happen—this is for you.

It's not an exhaustive checklist of everything you must know. Instead, think of it as your starting point: a tool to help you think through your plans, gain confidence, and take action on the trip you've been dreaming about.

SOMEWHERE IRL



WHAT'S YOUR VIBE AND VISION?

Before you start planning your trip, it's important to have a clear and realistic vision of the kind of trip you want. This will greatly influence your choice of destination, accommodations, and even the time of year you decide to travel.

Use the checklist in the next section to help you figure out the vibe you're going for.

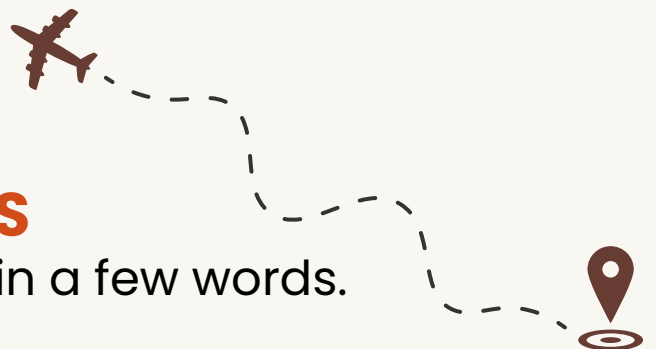
VIBE CHECK

choose up to 3 options and rank them in order of importance, with 1 being the most important and 3 the least.

- ☐ Adventure
- ☐ Rest & Relaxation
- ☐ Culture & Museums
- ☐ Food & other culinary experiences
- ☐ Beach & Chill

NOTES AND IDEAS

Describe your ideal solo trip in a few words.



BUDGET

START SMALL — YOUR DREAM TRIP DOESN'T HAVE TO BREAK THE BANK.

Your budget will play a big role in determining your destination.

When setting a budget, try playing around with travel dates to get a sense of average flight prices. Look into typical hotel costs in the area you want to stay, and think about which parts of the trip you're willing to compromise on.

For example, maybe having a direct, non-stop flight is more important to you than staying at your top-choice hotel or booking certain activities.

Ideal total budget: \$ _____

Savings goal: \$ _____

Travel fund deadline: _____

Monthly savings needed: \$ _____



CHOOSE YOUR DESTINATION

Based on your budget and the vibe you're going for, what's your top destination that fits within your budget and delivers at least your #1 vibe from the checklist?

Destination: _____

Ideal dates/months to travel: _____

How much time can I take off?

☐ Weekend ☐ 1 Week ☐ 2 Weeks ☐ Longer

Request time off by: _____

Does your chosen destination have any special entry requirements?

Consider the following:

- Do you need a valid passport?
- Is a visa required for entry?
- Are there any vaccination or health requirements?
- Are there any travel restrictions or documents needed due to current events?

CHECK-IN

What are you most excited about ?



What are you most nervous about ?

Is there anything you can plan, prepare, or research in advance to
feel more confident?



SAFETY CHECKLIST

Solo trips can be exciting but they can also feel a little nerve-wracking, especially if it's your first time or you're a woman traveling alone. One of the best ways to ease anxiety and build confidence is to prioritize your safety and preparation.

Before You Go

- ❑ Look up your country's embassy or consulate in your destination city. Write down the full address and emergency contact number.
- ❑ Print a copy of this information and keep it in both your wallet and backpack in case your phone gets lost or stolen.
- ❑ Print a copy of your passport and store it separately from your actual passport. This can speed up the process if you need to get a replacement at the embassy.
- ❑ Purchase travel insurance that covers medical emergencies, lost luggage, and cancellations.



SAFETY CHECKLIST

Share Your Itinerary

Make sure a trusted friend or family member has a full copy of your itinerary, including:

- ☐ Your flight details
- ☐ The names, addresses, and phone numbers of where you'll be staying
- ☐ Your emergency contact info

Shared my itinerary with: _____

Stay Connected

- ☐ Add emergency contacts to your phone and write them down somewhere easily accessible (like your planner or journal).
- ☐ Set up a regular check-in schedule with someone back home (ex: quick text every 2-3 days or after flights/transit).
- ☐ Emergency contacts saved
- ☐ Paper backup of contacts
- ☐ Backup plan if phone is lost



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