

A FREE GUIDE AND CHECKLIST

# Your First Solo Trip, Simplified

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# Is Solo Travel Right for You Right Now?

It's normal to feel nervous before your first solo trip. Nervous doesn't mean you're not ready. It usually just means you care about your safety, your comfort, and doing this well.

The more important question isn't "Am I scared?"

It's "Am I curious enough to try?"

You're likely ready for solo travel if:

- You can make basic decisions on your own, even when they're uncomfortable
- You're open to small moments of uncertainty
- You like the idea of moving at your own pace, even if it feels unfamiliar

You might want to wait or start smaller if:

- The thought of being alone feels panicky rather than uncomfortable
- You're dealing with major life stress and need stability right now
- You feel pressure to travel solo because it looks good online

Starting small still counts. A weekend trip. A nearby city. A destination where English is widely spoken. Your first solo trip doesn't need to be far, long, or impressive to be meaningful.

If solo travel keeps coming back to you as an idea, that's usually your answer. You don't need to feel 100% ready. You just need to feel ready enough.

# Choosing Your First Destination Without Overthinking

One of the easiest ways to make your first solo trip feel harder than it needs to be is by choosing a destination that looks exciting, but isn't actually easy. For your first solo trip, ease matters more than your dream location.

A "solo-friendly" destination usually means:

- Easy transportation, especially from the airport
- Walkable areas or simple public transit
- Accommodation options with good reviews
- A place where you won't stand out or feel constantly on edge

This doesn't mean you have to go somewhere boring or overly touristy. It just means choosing a place where logistics don't take up all of your mental energy.

When deciding, ask yourself:

- Will I feel comfortable navigating this place on my own?
- Is there a language barrier I feel okay managing?
- Can I easily find food, transportation, and help if I need it?

It's also okay if your first destination isn't the one you've always dreamed about. Think of this trip as a confidence-building experience. Once you've done one solo trip, everything else gets easier.

If it helps, here are a few destination "vibes" that tend to work well for first-time solo travelers:

- Cities with good transit and clear neighbourhoods
- Beach towns with a relaxed pace and simple routines
- Smaller countries or regions where moving around is straightforward

You're not choosing a forever destination. You're choosing a starting point. Pick the place that makes you feel steady, not the one that looks the most impressive.

# How Long to Go & When

This is one of those decisions that feels bigger than it actually is. For your first solo trip, the goal isn't to maximise time away or prove anything. It's to give yourself enough time to settle in without feeling overwhelmed.

For a lot of people, around a week works really well. It gives you time to arrive, get comfortable, and actually enjoy where you are, without feeling like you have to fill every minute. It's also short enough that, if something feels off, you know you're heading home soon.

Shorter trips can work too. A long weekend or a few nights away is often a great way to ease into solo travel, especially if you're nervous. You still get the experience of navigating things on your own, just without the pressure of a long stay.

Longer trips can be incredible, but they tend to come with more emotional ups and downs, especially the first time. Feeling lonely or tired doesn't mean you're doing anything wrong. It just means you're human and adjusting. If you're planning something longer, it helps to expect that there will be easier days and harder ones. Timing matters more than people realise. Try not to plan your first solo trip during an already stressful period in your life. Going when you have a bit of mental space makes everything feel easier, from travel hiccups to being on your own.

There's no "correct" length for a first solo trip. Choose the amount of time that feels manageable for you right now. You're not locking yourself into anything. You're just giving yourself a starting point.

# Booking Order That Keeps You Calm

One of the biggest sources of stress when planning a solo trip is trying to plan everything at once. Flights, accommodation, activities, transport — it can quickly start to feel like too much.

The easiest way to stay calm is to book things in a simple, logical order. You don't need a full itinerary to get started. You just need a few key pieces in place.

Here's the order that tends to work best:

## 1. Book your flight

Once your flight is booked, your dates are locked in. This gives everything else a clear framework and immediately makes the trip feel more real and more manageable.

## 2. Book your accommodation

Choose a place with good reviews, in a location that makes getting around easy. You don't need the "perfect" place. You just need somewhere safe, comfortable, and well-located so you have a solid base.

## 3. Plan your arrival from the airport

Knowing how you're getting from the airport to your accommodation makes a huge difference. Whether it's a taxi, rideshare, or public transport, having this figured out ahead of time removes a lot of first-day stress.

## 4. Decide on a loose first-day plan

This doesn't need to be detailed. Something simple like grabbing food, taking a walk, or getting your bearings is enough. The goal is just to avoid arriving with no plan at all.

Everything else can wait.

You don't need to pre-book every activity, restaurant, or day trip before you go. In fact, leaving some things open often makes the trip more enjoyable. It gives you space to rest, explore, and change your mind once you're there.

If planning ever starts to feel overwhelming, come back to this list. If these four things are sorted, you're in a good place.

# Budgeting Without Killing the Fun

Budgeting for a solo trip doesn't need to be restrictive or complicated, but it does need to be realistic. Most travel stress comes from underestimating costs, not from spending too much.

Instead of trying to budget every detail, it helps to think in simple daily categories.

Your biggest fixed costs are usually:

- Flights
- Accommodation

Once those are booked, everything else is more flexible.

For day-to-day spending, think about:

- Food and drinks
- Local transportation
- Activities or entrance fees
- Small extras like coffee, snacks, or souvenirs

A common mistake is under-budgeting for food and transport, especially in cities. Another is over-budgeting for activities you may not actually want to do. You don't need to do something "special" every day for a trip to feel worthwhile.

It's also okay if your spending varies from day to day. Some days will cost more, and others will be very low-cost. That's normal and usually balances out over the course of a trip.

One simple way to stay relaxed is to build in a small buffer. Having a bit of extra room in your budget makes unexpected costs feel like minor inconveniences instead of major stressors.

Your budget isn't there to limit you. It's there to support you. When you know you can afford the trip you're taking, it's much easier to enjoy it.

# Safety Basics That Actually Matter

Safety is often the biggest concern with solo travel, and it makes sense. Being aware and prepared is part of traveling well. But being constantly on edge isn't helpful or necessary.

The goal isn't to eliminate all risk. It's to reduce unnecessary stress and make thoughtful choices.

A lot of solo travel safety comes down to where you stay. Choose accommodation with consistently good reviews, especially from other solo travelers. Location matters more than luxury. Being somewhere central and well-connected makes everything feel easier, especially at night.

Pay attention to your surroundings, but don't assume the worst. Walk with purpose, limit distractions like being on your phone constantly, and notice what's happening around you. This kind of awareness goes a long way. At night, it helps to have simple routines. Stick to areas you're familiar with, have a plan for getting back to your accommodation, and trust yourself if something doesn't feel right.

You don't need a dramatic reason to leave a situation. Discomfort is enough.

Trusting your gut doesn't mean being fearful. It means listening to small signals and responding early, before things escalate. Most of the time, this looks like choosing a different route, leaving earlier than planned, or saying no when you're unsure.

It's also worth remembering that millions of people travel solo every year and have positive, uneventful experiences. Being prepared and thoughtful allows you to relax and focus on enjoying the trip, not constantly worrying about what could go wrong.

# The First 24 Hours Plan

The first 24 hours of a solo trip can feel like the hardest part. Everything is new, you're tired from travel, and there's no one familiar beside you. Even if you were excited leading up to the trip, it's common to feel a bit off at first.

Nothing has gone wrong. This is just part of the adjustment. Before you arrive, it helps to have a very simple plan in place. Know how you're getting from the airport to your accommodation. Have the address saved offline. Make sure you know where to get food nearby. That's enough.

Once you arrive, focus on small, grounding tasks. Drop your bags. Take a shower. Step outside for a short walk. Find something easy to eat. You don't need to explore everything or make the most of the day.

If things feel awkward or lonely, that's okay. Those feelings usually pass once your body catches up and you get a good night's sleep. Day two almost always feels easier.

Try not to judge the trip based on how the first day feels. Give yourself time to settle in and find your rhythm. Solo travel isn't about constant excitement. It's about learning how to be comfortable in new places on your own.

Once you get through the first 24 hours, everything tends to feel more manageable. Confidence builds quickly from there, often faster than you expect.

# Printable Planning Checklist

# Travel planning CHECKLIST



## 3 months (or more) before

- ☐ Choose your destination
- ☐ Decide roughly how long you'll go for
- ☐ Check passport validity
- ☐ Look into visa requirements (if applicable)
- ☐ Start a rough budget
- ☐ Think about travel insurance options
- ☐

## 1 month before

- ☐ Book flights
- ☐ Book accommodation
- ☐ Research how to get from airport to accommodation
- ☐ Check neighbourhood and location details
- ☐ Notify bank of upcoming travel
- ☐ Check phone plan or international roaming options
- ☐

## 1-2 weeks before

- ☐ Purchase travel insurance
- ☐ Make copies of important documents (passport, insurance, bookings)
- ☐ Save accommodation details offline
- ☐ Save arrival details offline
- ☐ Download useful apps (maps, transport, airline)
- ☐ Sketch a loose first day plan
- ☐
- ☐

## Week of

- ☐ Confirm flight and accommodation details
- ☐ Check baggage rules
- ☐ Plan airport transfer
- ☐ Arrange pet or house care (if needed)
- ☐ Begin packing
- ☐
- ☐



### Day before

- ☐ Pack essentials and carry-on items
- ☐ Charge devices and power banks
- ☐ Download entertainment for travel
- ☐ Check in for your flight
- ☐ Set out travel clothes
- ☐ Get a good nights sleep
- ☐

### Arrival day

- ☐ Follow your airport to accommodation plan
- ☐ Drop bags and get settled
- ☐ Eat something easy
- ☐ Take a short walk or get some fresh air
- ☐ Remind yourself that the first day is allowed to feel weird
- ☐
- ☐

### Final Reminder

- ☐ You don't need to do everything perfectly. If you've worked through this list, you're more prepared than you think.

Want more support with solo travel?

If this guide helped you feel calmer about planning your first solo trip, I'm currently creating a follow-up guide focused on confidence, safety, and actually enjoying solo travel.

You can join the early access list [here](#).