

# Five Tips To Embrace Solo Travel As A Suddenly Single Woman

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The prospect of traveling alone after a significant life event (such as divorce or the loss of a spouse) can be daunting. Several friends and clients have reported that the trips turned out to be quite exhilarating! New places were explored, and they had time to rediscover themselves and listen to their heart away from the memories and day-to-day chores...though it did require the courage to step outside of their comfort zones. One friend told me that she had never made decisions solely for herself, and she came home with a newfound sense of independence. Based on those conversations, below is a guide on how to make the most out of your solo travel adventures, including some helpful links.

## 1. Choosing Your Destination and Embracing the Experience

Selecting the right destination is crucial when traveling solo to allow yourself the time to reflect, grow, and challenge yourself. Think about what you enjoy...is it history, art, nature, food, or something else? Have you always been fascinated about hiking the hills of Scotland, or considered the joys of a culinary experience in Italy? Choose places that are known to be safe and friendly towards solo travelers. Cities with good public transportation, reputable hospitality services, and a welcoming atmosphere towards tourists can make your trip more enjoyable and less stressful. Use this link to explore some destinations: [www.lonelyplanet.com/](http://www.lonelyplanet.com/).

## 2. Planning and Preparation

As with all things in life, being well-prepared is key. Research your destination thoroughly—learn about the local culture, customs, and any travel advisories. Book accommodations in safe neighborhoods and keep copies of important documents like your passport and travel insurance in multiple places. Before you leave, contact your bank and credit cards to let them know of your travel plans to avoid fraud alerts. Technology can be a great assistant; use apps on



your phone for maps, translation, and recommendations to enhance your travel experience. TripAdvisor can be a helpful tool: <https://www.tripadvisor.com/>.

### 3. Packing Smart

It is always best to pack light. Focus on the essentials and be sure to include versatile clothing that can be easily mixed and matched. A good rule of thumb is to pack less than you think you will need. Essentials like a good pair of walking shoes, a versatile jacket, and layers for changing weather conditions are important. Don't forget a good book to keep you company during those quiet café shops or beach afternoons and a journal to document your trip. This website can help with your packing: <https://www.travelfashiongirl.com>.

### 4. Connecting with Locals and Other Travelers

Clients and friends routinely report that one of the best aspects of solo travel is the opportunity to meet new people. Engage with locals to learn more about their culture and way of life. You can also connect with other travelers through group tours or events...with any luck, this could lead to a lasting friendship and perhaps a travel partner for your next adventure. [Meetup](#) or Facebook groups can help you find community activities or fellow travelers in the area.



### 5. Staying Safe

Above all, safety should always be your top priority. Always let someone know about your travel plans and check in regularly. Trust your instincts and be cautious about sharing information on social media (post pictures when you get back) and with strangers that you meet while traveling. Keep your belongings secure and avoid drawing attention to yourself with flashy jewelry or gadgets. Visit this [website](#) for some helpful tips to stay safe while traveling.

Traveling solo as a newly single woman can transform what might feel like a lonely path into an enriching journey of self-discovery and personal freedom. Every trip is a step forward in your new chapter—embrace it with joy and anticipation. Remember, the world is vast, and your possibilities are endless.

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If you are a [suddenly single woman](#) and would like to discuss your finances, and life goals, or if you need assistance starting these conversations, visit [homrichberg.com](http://homrichberg.com), email us at [info@homrichberg.com](mailto:info@homrichberg.com), or call 404.264.1400.

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