

Wander

WHERE THE WILD WOMAN GOES

A solo travel guide for the bold, the curious & the unstoppable

Who is solo travel for?

Solo travel is for anyone seeking adventure and brave enough to take the first step! Most solo travelers are women, so know you're in good company wherever you go. Whether you lean introverted or extroverted, solo travel is beautiful for anyone willing to take a small risk for a high reward.



◆ Old San Juan, Puerto Rico ◆



◆ Oslo, Norway ◆

Okay, but I'm still scared. How can I relax enough to have fun?

Being nervous for your first solo adventure is completely natural - I broke down crying in my beautiful Jamaican villa the first time I traveled solo internationally! But it didn't stop me from having a blast. Take a deep breath, follow travel safety measures, and keep an open mind, girlie! And if all else fails, book a spa visit - they're typically cheaper abroad anyway and a perfect way to destress ;)

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I broke down crying in my beautiful Jamaican villa... and still had the time of my life.

Speaking of safety measures, do I need to pack my weapon arsenal?

Ok, slow down Lara Croft! It's helpful to keep some self-defense items on you - packed in your checked bag, of course - but check local laws before packing anything. Ending up in a foreign jail on vacation is NOT the vibe. Other musts: don't recklessly tell strangers you're traveling solo - lie if you need to. Trust your gut and leave any situation that doesn't feel right. Keep family updated with your location and itinerary daily. Stay aware. Don't be goofy. You'll be just fine.

Seems like a lot of planning...

Well it doesn't have to be! That's the beauty of solo travel - the spontaneity of it all! You can do whatever you want, whenever you want. It helps to have a few planned activities, especially ones that connect you with locals and other travelers. Some of my faves: a bachata lesson in Puerto Rico, horseback riding in Jamaica, and a surf lesson in Costa Rica that wasn't planned at all - I literally ran into a surf instructor and said 'why not?' Plan ahead, but always leave room for adventure.

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Okay, I'm warming up! What are some must-haves when solo traveling?

◆ Local currency

Always have some on hand. Order from your bank 1-2 weeks before for the best rates.

◆ Offline essentials

Download a map of your area AND Google Translate's language pack for your destination before you go. Both are lifesavers when service is bad.

◆ Local apps

Research what locals actually use - Uber isn't everywhere!

◆ Passport photo

Snap a pic of your passport. Keep the real one locked in your room.

◆ Tech kit

Portable charger, universal adapter, waterproof phone pouch. Non-negotiable.

◆ Travel insurance

I know, I know. But one unexpected hospital visit abroad without it will ruin your trip AND your bank account. Get a basic policy, thank yourself later.



◆ Horseback riding, Jamaica ◆

Okay but going international still feels like a lot...

Start small! Before my first solo international trip to Jamaica, I did a mini solo trip to LA - somewhere I already knew. Concert, hikes, solo dinners. It calmed my spirit and prepared me for Jamaica two months later. Baby steps are still steps.

Okay okay... but who will take my pictures?!

Babyyyyy, a tripod is your BEST friend - most come with Bluetooth remotes for easy snapping. And if all else fails, use that beautiful throat chakra you've been developing and ask a stranger! Most people will happily take your photo if you ask nicely. And if you really want the good pictures - hire a photographer! I used Airbnb Experiences to find mine in Puerto Rico and it was seamless. Bonus: it doubled as a mini city tour. Highly recommend.

Anything else I should know before I book my ticket?

Take a deep breath and know solo traveling is a genuine privilege - and the best way to connect with yourself. Learn a few phrases in the local language. Keep an open mind and open heart. Prepare for an adventure that will change you. You deserve every stamp in that passport. Now go book the trip.



◆ Boat tour, Copenhagen ◆

Okay! I'm Ready...

But Where Do I Go?

A few of my favorites, organized by how brave you're feeling ♦

TIER ZERO - Practice Trips (Yes, US Cities Count)

Before my first international solo trip, I did a practice run to LA - a city I already knew well. I saw a concert, did a hike, and got comfortable commuting through a city completely on my own. No passport, no language barrier, just you learning how to be alone in public.

Los Angeles

My very first solo trip. Familiar streets made it the lowest-pressure way to test the waters.

San Francisco

Went to see the Harry Potter play solo. Proof a trip doesn't need a big theme.

Miami

A day trip. Sometimes "solo travel" is just leaving your city for twelve hours by yourself.

Washington, DC

Solo at a music festival and again for a concert at the Kennedy Center.



♦ Santa Monica, LA ♦



♦ Kennedy Center, DC ♦

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You don't need a passport to practice being brave.

TIER ONE - Easy First International Trip

Puerto Rico

No passport needed if you're American, English widely spoken, and Old San Juan is endlessly walkable and photogenic. The easiest possible "yes" for a first solo trip abroad.

Jamaica

Resort-friendly if you want built-in safety nets, but venture beyond the resort for horseback rides, real jerk chicken, and the friendliest strangers you'll meet. I made real connections here - some of my best vacation-friend memories.

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TIER TWO - The Layover Trick

If you have a long layover (6+ hours), leave the airport! A free taste of solo travel with zero extra commitment - one of my favorite hacks.

Oslo, Norway

A day-trip layover turned into a favorite solo memory. I landed on their Independence Day and made friends at lunch I never expected to meet - when you're open to it, the best moments find you.

Copenhagen, Denmark

An overnight layover was all it took. City square, a boat tour, a relaxed solo dinner. Simple, easy, unforgettable.



◆ Oslo, Norway - Independence Day lunch ◆

TIER THREE - Final Boss Mode



◆ Surf lesson, Costa Rica ◆

Costa Rica (Self-Drive Multi-City)

This is the one that leveled me up. I rented a car and drove myself between La Fortuna, Manuel Antonio, Jaco, and San Jose - solo navigation, zero backup plan. Quieter, more independent, more me-time. Don't start here. But once you're ready, this is what real confidence feels like.

A note on making it yours

Solo travel can be whatever you want it to be. Some trips I made vacation friends and had a full social calendar. Others, like Costa Rica, were quiet and independent. And one night in Puerto Rico, I was too tired and tipsy to do anything but stay in, order Uber Eats, and watch HBO in my room. That counts too.

Solo travel can be vacation friends in Jamaica or Uber Eats and HBO in Puerto Rico. Both versions count.

What about budget?

Solo travel is usually cheaper than you think - you're splitting nothing, compromising nothing. But a week in Puerto Rico hits different than a week in Norway. My method: Google "how much money for X days in [destination]," go through the results, then price out the specific things you want to do. Twenty minutes of research will tell you more than any guide ever could.

Where should I actually stay?

Resort, hostel, Airbnb, boutique hotel - each one changes the whole trip. Deeper dive coming soon.