



Women Solo Travel - Most Important Tips

Traveling alone will make you uncomfortable, put you in situations where you have only your quick wit to rely on, and make you far more responsible for yourself and aware of your surroundings.

Indeed, it can sound daunting to the unprepared and inexperienced. Let's look at some of the crucial tips for solo female traveling.



The destination is the key

Genuinely enjoying the great gin-jays of solo travel is elevated by your choice of travel. Why you want to go to a particular place and to understand your attraction to that location will help you have a more enriching experience.



Pack light

Ladies are infamous for the satirical amount of packing they partake in before a trip. Yes, you may pack the essentials that others might forget, and yes, others WILL be using your toiletries and essentials as and when required. But, when alone, you are packing for yourself.



Control the stress level

It is a daunting task to venture out on your first solo trip. Have the crux of your journey planned and fit everything else in between. Keep some buffer in your schedule and enjoy your own pace. Also, have enough cash and spread it out across your bags. You may book the first day's stay and commute.



Travel Insurance

Travel insurance is easily the most skipped item on any list. Whether you're traveling internationally or locally - ensure you get a decent plan. The best return is you never get to use it.



Never disclose your accommodation

Keeping your accommodation yourself or family is your haven. Regardless if you meet a cool boy at a pub, make some new friends with the locals, you can never be too safe. Make plans to meet up in public spaces. During random conversations, if people are curious to know where you're staying, be vague(which is a great skill to learn)!



Take a break from technology

Sometimes we are so used to being busy & having something to do that when all the pretense of societal living is stripped off; we might start feeling a bit uncomfortable and, for the sake of familiarity, start messing around with our gadgets and social media. Resist the urge. Be comfortable in your skin and soak in all that is around you!



Enroll in activities

While it is joyous to be alone, it is also equally fun to meet new people. Whether it is a local cooking class or any of the multiple tours that go on in most cities - take part in some activity. Great way to open up new horizons.



Trust your instincts

If you ever start feeling uncomfortable in a situation, take stock of the situation and remove yourself from it as inconspicuously as possible. While you might seem to think it is an overreaction on your part, your gut is stronger than you might think. Just be proactive and alert, and if you're not feeling it, it is entirely okay to choose to disconnect.



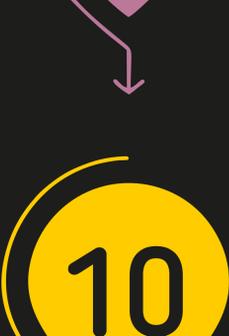
Emergency contact numbers

Make sure to have multiple copies of emergency contact numbers, including Hotel's with one in each of your travel bags. If you are traveling solo, in adverse situations, you don't want to be left stranded for help. Have them on your speed dial or as emergency calling numbers on your phone.



Snacks and munchies

Always have something to munch on and boost your energy while you travel. If you are more of an adventurous type, you are bound to find yourself in areas where food might not be easy access like in the cities.



Be open to new experiences

Don't be afraid to be open to new experiences. Being worried about your safety might be a legitimate concern, but it is a concern to be aware of, not to be obsessed about. Having said that, don't be foolhardy and brash either. Walk the fine balance.



Why travel solo:



- An immense sense of achievement
- No need to convince a buddy for a random off-beat location trip
- No need to accommodate anyone else's itinerary into yours
- You call the shots, when and where to break
- You get complete freedom in choosing your pace

Himalayan Travel Tips

- Have Buffer Days
- Stay Warm & Hydrated
- Avoid Alcohol
- Carry Required Clothing, Food & Water
- Drive with Caution & Care
- Start Early, Sleep Early



#SaveOurHimalayas

- Spread Smiles Not Plastic
- Stop Littering
- Bring Back Your Own Trash
- Avoid Plastic Water Bottles