



# Planning Tips for your First Solo Trip

## Start with local travel - banish the fear and worry

If you haven't traveled solo pick a location within 100 miles or less of home. Solo travel is either alone or as a solo traveler who is part of a group.

What's is your area known for? Wineries, history, university/college extension courses, gardens, hiking?

For a free local opportunity: Sitting in a museum with a group of people drawing in a gallery might be just the right thing for you. The museum provides all the materials. Check your local newspaper, community center, MeetUps and online neighborhood groups.

## Determine how long and far you want to travel solo as well as your travel budget

Do you want to travel for a day, a week or a weekend. What's your comfort starting solo travel?

Do you want a hotel, housesit, camping, day road trip?

Are there free local opportunities – museums, writing groups, quilting circles, book clubs, trivia nights to make your budget go further?

Local tours of botanic garden, state and county fairs, community concerts, farmer's markets, public radio events – mostly free some not.

Getting used to walking around solo and being present gets easier. After a while you realize no one is looking or cares really.....

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## Travel planning resources

If you're a member, your local AAA can help you plan and find something that works for you and your budget.

I usually look online at [Tripadvisor](#) or [Lonely Planet](#) to see what's happening in a city or area I want to see. To get ideas and find tours with reviews and prices. You can sort by dates, length of travel and distance.

There are many websites and Facebook groups specifically for solo travelers – men, women or mixed. And you can filter by your interests.

## Try house sitting close to home to lower your travel expenses

Do you want to try housesitting for free accommodations? You could find a housesit nearby and try it for a night or a weekend to see if you like it.

Sign up for Trusted House Sitter – [Here is a link](#) for 25% off your first year. It takes a minute to prepare your profile, so this isn't something you can decide to do overnight

You can housesit for a night, a weekend or a month

Most include pets

Free accommodations in exchange for caring for pets. See my [Housesitting playlist](#) on YouTube.

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