

Preview:
5 Steps to Solo Travel
Part A

*A woman's guide to travel in
her prime*

Dr. Mary Travelbest

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DEDICATION

Dedicated to the women travelers who have blazed the path before us and to those who will continue to do so in the days ahead.

Reviews:

...I was intrigued by Dr. Travelbest's honesty and sometimes hilarious lessons learned (you can't make this stuff up). Her clever approach to organizing topics based on STEPS of experience was very helpful to me reading through her book. S. Holloway

This is a mind opening, very interesting read. I had a very good time working on this project—from start to finish. As I edited, I paused at one point and looked up “Mary Beth McCabe” on the internet, because I wanted to know more about the author. I saw a woman with a radiant smile, and indeed, an eye with adventure sparkling in it. I’ve learned a lot. Prior to this book, I knew little to nothing about the US. Finally, editing this book made me make one decision. When I’ve made enough money, I will go on a trip to another African country for a start—maybe Ghana, as a level two traveler. Thank you for granting me this life changing opportunity and believing in me. Cynthia Nnadi (Nigeria)

You’ve done a masterful job with this travel book – it is so comprehensive, informative and also fun and easy to read! I’ve read through it all. What I liked in particular: The five steps of traveling, sustainable travel info (I belong to the Sierra Club, so this is important), and lessons learned-Pat Rarus, MS

This book is awesome. Brings real-life perspective rather than just words. My favorite section is LESSONS LEARNED! Cindy Borges

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1 INTRODUCING 5 STEPS TO SOLO TRAVEL

Introducing the idea of steps of solo travel for women



This addresses why you should go solo. This section explains why traveling is important for your mind, body, and spirit. It is written for women who, like you, need help with motivation and planning, equipment, packing, food, maps, and attitude. To get started, I'll answer what you need to know when traveling on your own, which is without an organized tour. Millions of women are traveling the world solo today and will do so tomorrow. These women are confident, streetwise, and willing to learn more.

Here are four reasons to travel solo or independently (and hundreds more

in this book):

1. Get comfortable with yourself.
2. Discover complete freedom.
3. Boost self-confidence.
4. Make connections.

You don't have to negotiate with anyone about where you are going when to stop and explore, how long to stay, and what to eat. These are a few statements from others explaining why they like traveling solo or independently.

"I travel because I am interested in the places I go." (Martha P.)

"My appreciation of art and history is not enhanced by company, and I do not expect to meet people when I travel." (Suzy G.)

A solo traveler writes: *"In Greece, I was invited to people's homes to celebrate my 75th birthday. Would never happen on a tour or if I had a travel mate!" (Angie R.)*

"Learning the steps to solo travel changed my fears into the reality of going. I have been on many of your suggested journeys, starting with Step 1." (Sue R.)

5 STEPS TO SOLO TRAVEL

You will love being on your own timetable. You can go wherever you want, whenever you want. You can linger in bed if you are tired from the previous day.

You can decide if you are willing to share a bathroom, see exactly what you want to see, and make spontaneous changes to the itinerary. Go someplace close to home or travel far by yourself. Give yourself the confidence to do it and to do it well.

Would you enjoy never having someone tell you when to get up for breakfast and being able to set your own itinerary? On road trips, it is great to stop when and where you want—to choose to leave somewhere if you are less than thrilled (Lincoln City, Ore), and stay longer if you really like the place (Gold Beach, Ore).

You only have one person to please—YOU!

Over the past 50 years, I have traveled to all 50 US states and nearly every continent. There has not been any guidebook that was user-focused in my journey. This one is focused on you, the steps to become a best traveler. I struggled with my travels because no one was giving directions on how to become a better traveler and yes, I was lost from the first day. That won't happen to you if you follow decades of experience in these pages. You need some help to keep your feet firmly set and your mind ready for what's next. I am honored to share this and other global travels with you,

a future traveler. As you read this travel guidebook, you will find practical how-to tips and mental/emotional coaching. As you travel, observe similarities and differences between yourself and the people in places you visit. The more you reflect on these “oddities,” consider the underlying cultural and local values. What will you learn about yourself through your journey as you travel through new places? I know your travel dreams can become realities during your lifetime. Don’t let your fears keep you inside. There will be a place and a time for you to see the world. Keep your dreams alive by reading and learning how to travel by doing it.

Solo travel can be for anyone if you DON'T have someone to go with.

Don't let being solo stop you from going.

Dr Travelbest:



Take charge of your life with solo travel.

Take charge of your life and build your confidence with your solo travel. There are three main kinds of travel: Solo, independent, and tour travel. This book will cover the first two choices, solo and independent. This is not a book about tour travel. This book is for the traveler who wants more than a tour.

Before I became a solo traveler, I was shy and introverted. I did not have confidence in myself. I was often quite lonely and sad, and my life felt

unimportant. I was bullied by my so-called friends as a young teen. These so-called friends smeared oil and grease from carbon paper all over my body and mocked me. I was in horror and tears that anyone would do this, especially friends. This has never been publicly shared before, as I was shamed. Travel experiences have lifted this and other mental burdens from my past, and now I can share the lessons I have learned throughout this book—of new places to see and favorite places to revisit. This was a transformation for me, and I know it will transform you, irrespective of your age or lifestyle. This is no longer a story about being shy and underconfident. Travel has changed my life, and it can change yours too.

Positive attitudes travel well

Keep saying “yes.”

Face your fear of going alone. Meeting people may be a challenge. Talk about the weather, and transportation, or ask a question when you want to start a conversation. Common sense is critical here. Confidence building is like a snowball which gathers momentum and mass as it goes downhill.

When asked if I could name independent travelers who inspire me, here’s what I said about my friend Cindy, who retired a few years ago with a lifelong, persistent travel bug—just like me:

She needs to travel while she is still able and willing to go places. Cindy planned a trip to include dozens of countries, cities, and outstanding adventures. She knew she could go to the European Union for up to 180 days in a year. She planned the weather strategically, departing the

northern countries during the cooler months. She loves the hot weather, so planning was weather-related, to be the least cold she can. She enjoyed warm days wherever she was. Cindy inspires me to travel more.

My real-life role travel models were my mom, Dorothy, and my grandma, Dora. My grandparents often went back and forth to Ireland and New York on steamer ships several times a year. The other role model was my dad, from his travels through the Navy and travels to Yuma, Arizona, in summers during college. My dad was able to hitchhike across the country several times, from New York City to Yuma. He served in the US Navy in Sydney, Australia, and San Diego, California. My mom went to China independently with one other woman, smuggling Bibles there in 1985. My parents traveled together independently to Ireland, Israel, and Canada and almost moved to the Middle East in 1979. We know women who were influenced by their mothers travel more frequently. This is why I highly encourage mother-daughter travel whenever possible. If you are a daughter, reach out to your mom and see if you can make a trip with her. If you are a mom, tell your daughter you want to travel with her. Give yourselves the gift of travel. Make plans to travel now to somewhere you have always wanted to go. This is the day. Do it now. Don't wait until tomorrow. You can do this. Who inspires you to travel?

[How to read this book?](#)

You picked up this book because you want to travel independently, and you need both guidance and inspiration. Every advancing step is one level toward finding meaning for you in travel. The first chapter outlines the five steps and then in detail what they mean. The following chapters in Part A tell you how to travel in each category (packing, hotels, airlines, health,

etc.) Part B in the series of five books will be published soon, including the five steps by destination for where you should travel. You can start at Step One, continue through to each level, or move back and forth between levels. Each chapter has a brief outline and summary. Whichever method you employ to read this book, I hope you will find it useful.

Reading Tips:

- Safety precautions will be seen throughout the book
- Health is a prerequisite for traveling solo.
- Planning and reading this book can help protect you from disaster.

Assess your travel needs to find your travel space. Assessing yourself and assessing your specific needs starting in Part One. Part Two details destinations and travel insights to guide your pleasure in travel. There are Q&As, Tips, and Lessons. Here are a few samples you will find in this book:

Q&As:

For a recently divorced woman, how should I travel?

Answer: Start small and become comfortable. Go local first. Try 10-15 miles from home and make it a regular weekly or monthly adventure. Increase the distance to 30 miles and then go to the next state and have conversations at these new places. You will gain so much confidence from your travels.

Why is starting a trip so hard sometimes?

Answer: World traveler Anne Morrow Lindbergh said starting a trip is like a

snail being pulled off your own personal rock. Once you get started on the journey, it gets better. Are you a snail who needs to be pulled off your rock? As you plan your trip, I hope you feel more and more like the eagle, who soars above and is a travel champion.

Travel Tips

- Take care and be safe when going out at night. If you can do it in daylight, it's best.
- Learn the maps to your known destinations as best you can before you arrive.
- Keep your passport safe with extra copies elsewhere.
- You want to be confident when you travel, so talk to yourself in the mirror to build this trait.

(preview) Chapter 2 Tips on How To Pack:

- Packing takes practice step by step.
- Travel light to save energy and time.
- Pack half of a small suitcase. The other half can be for things to give away or donate.
- Consider a small backpack instead of a suitcase, if possible. The basics: Medications, cosmetics, and one-of-a-kind items.



Lesson Learned Carry a flashlight

At night, it's hard to see in the dark. I tripped and fell to the ground which was terrifying in a strange place. If you're tent camping, have a handy flashlight if you need to use the restroom facilities. You can find some that are hands-free, too. Keeping a flashlight with batteries or using the flashlight app on your smartphone can save you from tripping or falling.

Freedom from travel experiences

Travel fights off depression, demands creativity, and improves relationships. Stepping outside our comfort zones, physically and figuratively, challenges us to seek happiness and social stimulation, and offers voyagers a fresh outlook on life. Through the journey, we both help others by building companionship and developing confidence and inner peace.

My solo travel as a teenager was from my new home in Chicago to New York City, Long Island, and upstate New York for three weeks. My dad dropped me at the curb at the world's busiest airport at the time and said "Good Luck". I was scared but felt a new freedom, and that momentum moved my legs, one foot at a time through the terminal. This solo experience helped build my travel confidence then and through the

following 5 decades. Even today, I can recall back in 1972 walking through a bustling Manhattan Penn Station and the not-so-clean streets on 5th Avenue. I bought my tickets at the Greyhound Bus Station and traveled to upstate New York, in addition to hailing a taxi from LaGuardia Airport to Long Island, New York. This was 15 years before I got my first mobile phone in 1987, so travel was very different then. Today's mobile apps have made travel so much easier to be free and flexible.

Travel is much better than getting “stuff.” Stuff is easily replaced and forgotten. Before this solo trip, I had recently lost almost all of my stuff in a moving van accident, so I knew from my early teen years that stuff was all temporary. Memories last a lifetime, and you will treasure these so much more than stuff. Those three weeks in New York shaped my future desire for travel. I could travel anywhere, and I could do it by myself—so can you.

It can be solo or independent without a tour guide. Solo travel is for travelers who desire both flexibility and convenience. Solo travel refers to self-organized, non-package trips, which can also include unplanned or non-pre-booked activities.

There is a contradiction between the solo traveler and a guidebook. What the solo traveler wants is accessibility, authenticity, and consumption of experiences that they value, within a price range which fits their budget. A solo traveler relies on experts to help them plan and enjoy their experience in the best way possible, such as this guidebook.

What can this guidebook do for you? *Dr. Travelbest's 5 Steps to Solo Travel* can provide you with access to things you are looking for: helpful suggestions and tips on what not to do, and how to get more freedom

through travel on airlines, hotels, and car rentals. I want to help you clarify your goals step by step, achieve them, and reflect upon the real value you receive through travel. This guidebook will inform your travel decisions before and along the journey.

How does freedom relate to travel? Freedom is the motivation for travel in general. Freedom from doubt is what the responsible traveler wants to experience. Freedom from guilt about sustainable travel will be discussed in later chapters.

Where do we learn about freedom and tourism? We learn about it from knowledge of tourism, such as: cultural, economic, geographic, social, and technological. Freedom can be experienced in many ways during travel. Solo travel can be freedom from work and to choose activities outside of your itinerary. It's that break you may need from what you do the rest of your life.

Starting Out

The solo traveler may start out looking at travel brochures for ideas on potential locations and activities to visit. Thereafter, they review more substantial information before and during their vacation, including reading guidebooks from publishers such as: Lonely Planet, Rick Steves, National Geographic, and Rough Guides. Guidebooks and travel blogs help with cultural knowledge for the solo traveler.

Solo travel is about the experience, all of which leads up to going somewhere new, and subsequent events. Books like this one help you

decide where to go, how to go, what to see, and how to experience it at the level where you are. This guide will not tell you how to book a tour, day excursion, or group trip. However, there is a time and a place for this type of travel. I learned through research that many people in the travel industry almost never go on tours themselves. They crave the solo experience even though they work for tour companies.

Tours are mostly bound by strict itineraries, packaged experiences, and appeals to the mainstream tourism marketplace. The solo traveler chooses to escape the mass appeal destinations, gaining the freedom to choose authentic and non-commercial experiences as they want. The responsible traveler values authenticity and can find it solo or on a group outing. Authenticity creates experiences integral to local people's traditions, cultures, and rituals, instead of those curated for tourists. This is not necessarily good or bad; it's just different. This book will not cover the options of tours, day excursions, and other group events. I don't judge anyone for going on a tour. It's a nice break from making all of the decisions for some solo travelers.

Freedom from the constraints of travel industry middlemen is seen as an opportunity to engage in locally organized tours. Some operators may offer a section called "solo" on their website, for people who don't want to book their holiday through a tour operator. You can still choose from a selection of accommodations, day trips, and short overnight excursions. These tours support the locals and the local environment rather than the global tour operators.

For some travelers, freedom is their top priority. However, freedom for any

kind of tourist is not a one-size-fits-all. It is within a normal range of acceptable and unacceptable behavior. People want companionship, but maybe not for the entire trip. Solo travel for even a part of your trip can be the solution to your needs.

The word for a wanderer is “**Solivagant.**” It is derived from two Latin words: “Solus,” meaning “alone,” and “vagans,” meaning “wander.” It’s a noun which translates to “a solitary wanderer.” Solivagant, as an adjective, can also be used to describe those who meander in new places alone to experience the wandering adventure.

Experience and risk are at the center of the travel decision. I’m interested in the motivation for why people travel and make certain decisions while traveling. There are two key elements of solo travel: 1) experiencing an evolving itinerary and 2) willingness to take risks in selecting destinations. The more experience you have, the less risk. The *5 Steps to Solo Travel* grew out of this experience/risk taking framework and why this book is important for solo travel planning

Why should you GO? Why should you keep saying YES?

- Step out of your comfort zone
- Enjoy your life
- Innovate
- Explore
- Self-actualize
- Pleasure
- Emotional experience

It seems that the more places I see and experience, the bigger I realize the world to be. The more I become aware of, the more I realize how relatively little I know of it, how many places I have still to go, and how much more there is to learn. Maybe that's enlightenment enough—to know that there is no final resting place of the mind, no moment of smug clarity. Perhaps wisdom, at least for me, means realizing how small I am, and unwise, and how far I have yet to go.

– Anthony Bourdain, travel expert



Facing fears of solo travel

No matter who we are or where we come from, we've all faced the fear of trying new things. Oftentimes, emotions emerge as a fear of means of transportation, like airplanes, especially after many recorded and highly publicized disasters. Hodophobia, the fear of travel creates anxiety, but it can be managed and even surmounted. You can overcome it.

This fear is real for many people—not just women. It may not be pretty, but travel can have some physical challenges. Physically, fear and anxiety can cause shaking, crying, nausea, headaches, or sweating. The specific fear I want to address is the travel itself, not the fear of being trapped or helpless in a potential public attack (agoraphobia). Hodophobia can be

linked to other phobias, such as claustrophobia (the irrational fear of confined spaces), risk aversion (where people tend to prefer outcomes with lower uncertainty), or performance anxiety (fear of doing something in front of people, commonly called “stage fright”). How can you cope with this fear?



Five ways to cope with the fear of traveling:

1. Set realistic expectations for yourself. Many people have shared their stories on the internet, most of which are highlights or horror stories. What do you hope to experience for yourself? Why? How will you reach your goals?
2. Use what you learn. The more you learn, the less stress you feel. Say goodbye to hodophobia.
3. Visualize. Imagine yourself navigating city traffic and even detailed experiences such as pulling into the perfect parking spot. Visualize your own success while you build confidence and reduce personal stress.
4. Plan your destination and one activity when you arrive. If you are driving to your destination, whether 500 miles or 50 miles, sit down with a map and plan how far you will travel each day. Make

hotel reservations and note the locations of nearby restaurants. If you are traveling by public carrier—such as a ship or a plane—confirm your bookings a few days before you leave. Allow plenty of time to arrive early and make a backup plan in case of delays. Don't forget about asking for early check-in and late check-out. Consider a Plan X if Plan Y is not working for you. Be flexible.

5. Breathe deeper while you are traveling. Your body's reaction to your mind can improve your outlook while you travel solo. You have to remind yourself when you are in a stressful travel situation. Breathe deeply to remind yourself of your current body rhythms in an active full-body movement, which helps your organs and systems respond.

In the book, *The Gift of Fear*, Gavin de Becker says to trust your gut. Here are some suggestions I learned from trusting my gut:

- Adopt the art of the possibility of things getting better if not right away, sooner than later, while on the road
- Find others who have overcome this same fear of travel
- Find an advocate who can be texted when you need support while traveling
- Accept the present and live in the moment, wherever you are
- Be transparent about asking for help for travel when you really need it
- Ask yourself if it is really a fear of travel itself, or a fear of changing places

Face your fear of going alone

Meeting people may be a challenge. Common sense is critical here. Building your confidence in meeting people is a skill you can develop; it grows with experience, and probably won't appear overnight. You can have fun on the journey even when things don't always go your way.

How to meet other people

“Good company in a journey makes the way seem shorter” (Izaak Walton, 1593-1683).

Wear a smile and ask for the time of day. If others have an accent different than yours (yes, you have an accent), ask them where they are from. Share a common problem, tell a joke, comment on the weather, and ask about a news event. Research an interest, such as pickleball or a musician like Elvis. Go ahead and make appropriate contacts when you arrive.

I've been in the marketing business for many years. Here's what I did to meet new people. I thought about how I may like getting an invitation from someone new and described my interests. I wrote cold letters to advertising agencies in Hong Kong, China, and Taiwan, telling them of my upcoming adventure trip. I also wrote letters to ad agencies and visited the people who worked there when I arrived with a copy of my letter. My circle of friends quickly multiplied beyond what I had expected. To some, this may seem to be assertive, bold, and forward-thinking. I was merely trying to meet people with some common ground. It's okay to put yourself in the mind of another and ask how you would like to be approached. Be polite and friendly, thinking of how you can add value to their lives, in hopes they will meet you halfway. And they will.

When you travel solo, people will come to you. They seek you out. They will be happy you were there to talk. Independent travel is for all, especially if you DON'T have someone to go with. Don't let this stop you from going places.



5 tips on meeting people during solo travel

1. Strangers are just friends you have not yet met, most of the time.
2. Appear to be confident, even if you are not.
3. Be yourself and smile when you can.
4. Learn to ask for help with technology, especially how to read a map to those who seem local.
5. Make meaningful travel experiences for others. when solo, you will be more approachable if you choose to be.

Common sense for solo travel

- Break in new shoes so they don't lead to blisters. When solo, you may not think of feet first.
- Altitude sickness can sneak up on you when solo, so be aware.

5 STEPS TO SOLO TRAVEL

- Don't leave valuables in your car if you are in a hotel.
- Don't go out drinking at night and then go home alone in a foreign city.
- Never swim alone.
- Keep your passport and passport copies safe.
- Don't look like a tourist.
- Avoid being a target for a pickpocket.

One of the defining trips in my life was going to Africa for a month because I was so totally away from my traditional culture and did not speak to anyone who knew me or my background during the trip. There were few Americans on this journey. Being so isolated taught me survival lessons. I went on a safari without a tour group. I learned how to book a plane trip to the Masai Mara in Kenya by myself. I learned to follow a hand-drawn map of the Seychelles. I found the tourist office and was able to book a room, take a boat to several islands, and meet many world travelers here. I was able to build confidence and trust in myself during this time. You may not need to go so far, but you can do something which can help you build your confidence. You will be able to feel positive about yourself, even in a small way. This is why I want you to explore, to discover yourself in the process.

Why should you go by yourself? Should you go with a friend instead? Won't you have a better time since you can share this experience with

someone else? There's no "right" answer here, but asking these questions will help you understand your own needs.

Lessons learned through Christ

The Bible has an answer in 2nd Corinthians 12:10: *"When I am weak, then I am strong. For my power is made perfect in weakness. Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest upon me."* Our own abilities prove inadequate. However, if you look at this as an opportunity to try something new, you could be pleased with the outcome, as so many others I speak to have been transformed through different forms of travel. My personal weaknesses are seen throughout this book in my lessons. Every one of these weaknesses has been included so that you don't make the same mistakes. Another quote from 2nd Corinthians 5: 16-18 says: *"Old things have passed away; behold they have become new."* Hence, new adventures will replace the old ways. Good luck in your future travels and new experiences, with God as your companion. For those who are Jewish or Muslim, I would welcome your insights about turning weakness into strength.



The 5 Steps for Solo Travel

What level of traveler are you? Identify the step you currently match, and then consider the next step you want to reach. You will learn about The 5 Steps to Solo Travel (™) which describes five distinct levels of travel

experiences. The steps here will help you learn which kind of traveler you are. You will read about these steps throughout the book; the first steps are oriented toward beginners, and the higher steps provide information for more experienced travelers. These steps have been road-tested since 1993, with the publication of my first travel guidebook for the solo or independent travelers. See Part B of this book series to navigate destinations for these steps.

What kind of a traveler you think you are may also depend on your health and financial circumstances. This section of the guide will help you find your step and learn more about this type of travel. See yourself on at least one step of the steps of experience, which can change depending on current conditions. Be ready to move up or down to a new step.



The 5 Steps to Solo Adventures

Step One: No experience yet, but ready to start a solo trip. Suggested trips include: starting at a city where you have a family member or friend with whom you can stay. It could be Boston, New York, or even a rural town in Montana. It should be relatively close to your home state and not for an extended period.

Step Two: Some solo travel, but mostly group travel or organized by tour guides. Suggested trips include state-to-state travel for an extended

period, completely on your own.

Step 3: You have traveled solo to a different state or country. You may have already been to places like Canada, Mexico, Hawaii, or Alaska. Suggested trips might include some of these places but with a more adventurous or spontaneous spirit.

Step 4: You've already taken several independent trips, but not in a foreign language environment. Whether you've been to Australia, New Zealand, Ireland, the UK, Germany (as most speak English there), or internally within Mexico, here's to your next step out to experience a new local culture.

Step 5: Have been to many different countries where they speak another local language. Have faced challenges like surmounting cultures largely unfamiliar to your own, or navigating travel in a place where transportation is limited. These places are harder to reach, though not unwelcoming--here's to your next step! Examples: Kenya, Africa, or Japan.

Step One

If you've not been traveling, and you're thinking about starting, this is the place for you to begin. You may have traveled before, but it's been a while—or the entire COVID lockdown has given you no confidence about travel, and you need to jumpstart your engines.

Consider when you were in kindergarten, you were just starting out, and you knew it. If you realize you are once again just embarking on a new journey, you will give yourself some extra time and grace to travel alone and learn. Ask questions along the way. Don't assume everything is going

to go well (it won't!). Accept that plans will go smoothly some of the time; celebrate those moments. When you look back on your personal history, you will be telling the story the way you saw it unfold, so it will be from your perspective alone as a Step One traveler. Don't carry extra baggage from plans that didn't go exactly as you prepared them.

Step One is the first trip to a nearby place in the US. It could be a car trip to a city or town within a few hours' drive. You may set aside one day to drive to a new place and take a walk through a meadow when you get there. With each step you take without a formal guide, you are growing in independence. Prior to your trip, do your research and use the internet, including social media platforms. While on your journey, talk to people. This is the key point—it's YOUR journey, not someone else's.

There's a lot to be said about having a companion on your trip. Having someone to share the fun with is a good idea for many of us. However, not everyone has someone to travel with. If you are in this situation, the best idea is to start planning a customized, solo trip—just for you. Make your arrangements as if it's just for you, so you have no excuses not to go.



For more of a challenge, take a look at your destination's geography. Invest in a map, read your atlas, and use your smartphone to figure out how to get there. Figure out the best time of day to travel, as well as whether you

will be staying overnight. You don't always need to book your accommodations in advance, but you can if you want. For example, you may have trouble booking a hotel room in Yellowstone National Park during peak season. You may also want to stay with a friend or family member for just a night. You're in Step One! You can do this.

Step Two

The next step adventurer doesn't need to fear strenuous exertion but is eager to experience a healthy dose of new activities.. Destinations to consider might be in a nearby state in the US or wherever you live—but not too far away. Instead of thinking about staying with a friend or family member, consider a grander adventure, perhaps, by yourself. You are going to wander, explore, and experience new things. Be ready for a slightly different experience from the first step but in spite of significant fear of the unknown. Visit a nearby state, just a short flight or a 200-mile car trip away, where you might stay overnight for at least one or two days. After arriving at your destination, you might visit local sites on this trip through public transportation, such as the train, bus, or trolley. If there is a zoo, spend a few hours wandering through it as a nature exploration. Go to a park and walk the perimeter. Find a shopping center and explore some new stores which you have not been to before. Try a new food item (or several!). Explore new tastes, smells, and colorful places to tease your curiosity.

To travel at Step Two, you will need to consider the places you will sleep, eat, and tour, as well as learn some context of the history of the region. Take note of sightseeing suggestions from others. Visit your local AAA office, contact a travel professional, or book your own flight on the airline.

You can do this because you are already at Step Two!

Step Three

At this next level, the travel step includes passport-required countries, international visas, and/or driving. Your travel has advanced to the middle point in the 5 Steps to Solo Adventures. Step One was about getting started with a drive to another city. In Step Two, you went to another region or state. You are now at Step Three and you are more accomplished than most travelers, even if you don't realize it. To advance to Step Three, you should have already visited different parts of the USA, and various regions within your country, and are now ready to partake in more exploration outside of your small bubble. You don't necessarily need a guide to show you the way. I recommend checking with the CDC and State Department websites before traveling to any Step Three destinations.



As you step out into regions farther from home, it's time to focus on the geography and the climate of these regions as you plan your trip. The timing of your travel will be key to your comfort and enjoyment. The economy and pricing also play a big role, making supply and demand a determining factor as well—especially if you don't like being in a crowd. Step Three is for the more advanced traveler, so get ready for some bigger

slices of adventurous fun. In Part B, you will learn more about US states such as Hawaii and Alaska, where you don't need a passport. Canada and Mexico are also in this category, but a passport is required. Airline, rail, and ship travel may require certain health passports, vaccinations, or proof of insurance.

At Step Three, you are becoming a more invested traveler, as you are not going to be in a "known place" all through your journey. For a US traveler, it's reaching far, but not too many miles around the globe. This step will likely include airline travel, which could be similar to your current region weather-wise, or you may find extremes in temperatures. The climate in Hawaii or the Bahamas, for example, is mild and balmy or tropical. It rains/snows a lot in Alaska, so you'll need weather protection year-round. The items to be focused on are hurricanes and other weather-related temperature and atmosphere changes. If there is a seasonal swing, be sure to review this before you make your final plans, especially if you are solo.



Step Four

Step 4 is the second to last step of Solo Travel. It will be the final step for many readers, and it's a big accomplishment getting here. You are going long distances on a plane here, and generally, you can understand the local people. If you travel to a foreign country, such as Australia, New Zealand, or even Germany, this would be breaking into Step 4. You may be

wondering why Germany is on this list. This is because you can travel to many countries in Europe without speaking the local tongue. Most of the people there speak English as a second language. Step 4 is for the solo traveler who wants to explore new countries but is not proficient in the countries' languages. Like Germany, you may discover several European countries which don't require you to speak their local language to travel independently.

You may set a goal for yourself to master Step Four. This is experienced travel. In this stage, you are confident because you have already mastered the art of going places with your own itinerary, even if it's just for part of the trip. You've learned from making your own travel mistakes, and how to recover from them. We've all learned from our lessons and mistakes. It may be hard, but it's not something to complain about. During this training stage, just try not to repeat the same mistakes. Step 4 will still require courage and some planning, but you can plan a more spontaneous trip—perhaps, just a few days ahead, instead of weeks or even months into the future. Step 4 might be a trip to Ireland. Here, you'll be driving on the left side of the road. Most people speak English and have similar customs and heritage with other European countries and America. Gaelic is the traditional language, but most people speak English here. Finding your way around is increasingly fun and full of surprises in Step 4. As for currency, you can count your change and pay with the local currency, by simply doing the conversion in your head or on your smartphone. Step 4 includes these other aspects of staying in foreign countries. Understanding the language will allow you to read maps, ride buses and trains, and purchase things you need, such as food and shelter easily, though learning

some of the local pleasantries “hello,” “please,” and “thank you” can go a long way in building mutual respect.



Step Five

Step Five is an experienced and fully ready-for-anything travel champion. You are adopting unique experiences with geography and nature firsthand, even with countries you may not read about in the news or on social media. You will meet people who are different from you. Certain challenges will occur when you visit some countries like China, where you can't read the street signs as different letters are used for language, or when you try to bargain at the market for fruits in Kenya. Step 5 is about going out and having unique experiences in nature, in countries you may not have previously known about their existence, and to see people who are different from you.

I've traveled solo to six continents, and some of these have opened up my mind to new freedoms; for example, in Asia and Africa, I was free to use sign language to communicate basic needs. When I was in my postgraduate studies at Alliant International University, every student had to introduce themselves and the country they were from. I was one of the few students from the USA, and I did not know about many of the countries named, so I went home and looked them up on the globe at night and dreamed of traveling. I traveled 90 days around the world solo,

and future books in this series will detail how you can do this, too.

If you are heading on a journey that is Step Five, be prepared for freedom surprises, including losing your health, passport, luggage, and/or cash. You want to have copies of everything important in a safe place and a backup ready for when you need it. If you are not yet a Step Five traveler, you could combine a Step Five with another step. This way, one part of the trip will include relatively more variety and freedom, while another part of the journey will be more relaxing and restful for you.

There are places on our planet today which take a four-day journey to reach, as they are remote. This takes Step Five extreme planning. As an example, my friend Sandra is a scuba diver who goes to remote locations on small islands in the Indian Ocean. This takes weeks and endless hours plus high energy to plan such an extensive trip, usually for several weeks. She travels solo and carries her scuba and photography equipment with her. She has been to places that can be frightening, and freedom-filled, including deep in the ocean. She's been to many places that have seen few tourists. Step Five travel can be to unusual places if you have a purpose and the means to achieve it. Be sure you research the regions that most interest you, based on the steps and the itinerary you may choose as a solo traveler.

Chapter One Summary

Chapter One introduces why solo travel is so important to you, the five steps to solo travel adventures, and why it has possibilities for you.

The main points of this chapter include:

How travel transforms the solo traveler

What you can expect when you travel solo

Facing real fears of travel and safety

The 5 steps for solo travel, based on experience and ability

This is just the beginning of your adventures. Get ready for your next steps on where you will sleep and what to pack for your trip. If you are already at a higher step, you may skip ahead. You may travel any distance you wish after reading this guide. If you meet the criteria for Step Five—congratulations! You are an inspiration to many who aspire to travel.

2 ACCOMMODATIONS AND PACKING

This chapter is about finding a place to sleep and packing the things you need while you are traveling solo or independently.

Step One

Accommodations

Your trip begins the moment you start planning where to stay overnight. You don't need to wait to get somewhere to have the fun and excitement of a meaningful and responsible trip. You can begin with the research today. Build your confidence and practice of travel, going from Step One and reading all the way up to Step Five.



Setting your expectations for packing will make a big difference. If you are looking for luxury travel, then you will enjoy the comforts of room service, wake-up calls, and housekeeping, to name a few. You will also pay a lot for your travel more than someone who is on a camping trip near their home.

Packing



Pack the basics for short trips.

There's not a lot to pack for Step One trips. Essential medicines and phone chargers are important. Be sure you can carry all you bring (hopefully) in one trip. This may be a one-night visit to a nearby friend or relative. You may want to bring a cooler with ice and water, and some nuts, seeds, and fruit as snacks. On this trip, you will likely be able to find whatever you need, so try not to panic if you forget something. You can always buy it or hold off. It's a short trip. On a car trip, you can overpack. On a bus or plane trip, you want to bring only the essentials because you have to carry/store the items.

Take your time packing. Don't rush through this early on. Enjoy your minute-by-minute experience as you prepare, remembering this is part of the fun.

Lesson- Don't Purchase souvenirs on the first day of my trip.

I bought souvenirs all during my trip and had to drag them everywhere I

went. It was a mistake. Always shop on your final days if you can, so you can get the most value from your purchases and you won't be carrying them around with you for long.

Lesson- Be able to carry your stuff in one trip.

Don't bring too much. If you can't carry it all in one trip, you have too much stuff. Only bring what you need and leave the rest behind. I've taken too many of the shirts or shoes on my trips before and wished I had left half behind. What you think of 'just in case' may not be needed or can be bought.

Lesson- Forgetting my suitcase on a car trip.

On a three-day car trip with my 1-year-old daughter and husband, we remembered the diaper bag, but forgot the suitcase to bring to the car. We had enough diapers and made sure we washed our own clothes daily on the trip, then put them back on. We were barely able to manage these three days. When we returned home, the suitcase was right where we left it, inside the front room. Don't forget your suitcase.

Step Two



Accommodations.

For the solo traveler in Step Two, you will be staying overnight in an unfamiliar environment for several days. Getting settled in a hotel room or other accommodation requires some preparation, including a credit card to reserve your stay.



Packing

Packing Tips. Travel light to save energy and time. Pack half of a small suitcase. The other half can be for things to give away to friends if you are meeting them. If you are not meeting friends, you still may consider bringing a small gift to give to someone you meet, or just keep your load light. Consider a small backpack instead of a suitcase if possible. Pay particular attention to the basics: Medications, cosmetics, and one-of-a-kind items.

Wear a fanny pack. Today's fanny packs come in all shapes and sizes. Some even go under your clothes. You can adjust the size to cross your body instead of on your waist. I keep my cell phone, earbuds, lip gloss, and credit cards in a small fanny pack and often wear it across my body.. My clothes don't have enough pockets to carry all this, so a fanny pack helps me stay organized and saves time. It may not be the fashion statement you are hoping for, but it can be what you need if you want to stay organized and secure. There's much more about being secure later in the book.



Packing your medications. Look for a way to organize your meds, with a daily pill keeper. They come in many sizes and shapes, for example, 7 days, AM/PM, and big enough to fit all your pills and vitamins and daily color codes. To keep it simpler, plastic bags that zip can be good so seal them carefully. When you fly, keep your meds on your person or in your carry-on, in case your luggage is lost. Bring a screenshot of your prescriptions on your phone, too.

Step Three

Accommodations

Sleeping away from the tourists

Stay at an Airbnb or VRBO. If you have used one, you are already experienced. If you have not yet done so, know it's an adventure. Each place is different, and don't expect the same amenities as a hotel.

Some have even nicer amenities, such as an equipped kitchen with makings for coffee and tea, but it all depends on the owner. Whether you choose a hotel or an Airbnb, read Customer (Google, Yelp, or Trip Advisor) Reviews before you book your stay. You can find out so much from what other travelers tell you. If you're staying for just a day, Airbnb may not be worth booking, as they have added so many new fees during the pandemic. However, if you're staying for several days—even a week or more—an Airbnb can be suggested for solo travel. It may feel like a home away from home. One tip: You can book one night first, and then try to contact the Airbnb owner directly to see if they can add additional nights and want to book you “off the record books” for an extended stay week at

a lower price.



Booking your room

If you are seeking a specific destination, put the city/region name in your computer's browser search engine. You will find several nearby hotel locations and pricing. Look at the map to see where each one is and the cost. The cost is NOT the final fee for hotels and Airbnb's. Additional costs might include service fees, taxes, and cleaning fees. Be prepared for this. A \$77 suite could easily cost you \$140. My friend Michelle had a bad experience in an Airbnb in Spain that was misleading, false, and unsafe compared to the listed description. She ended up spending six hours resolving the issue. Be very clear on your expectations when you book, wherever it is. Ask in advance.

Make sleeping arrangements in advance

Plan ahead of time for flexibility. If you want to know where you're going to be every night of your journey, you can make reservations, or you can book yourself for the entire trip. If you love a little bit of uncertainty or flexibility in your plan, you should plan less structure and leave open time. You may like to rise early and take morning walks. That could be unstructured time, and then afternoons may include some siesta. For example, I tend to favor certainty when I'm with a family or group, but when I'm solo, I feel more flexible and prefer to decide once I arrive in a

city or town where the best place is for me. The short window of getting your room settled for day one day could be a good plan for the rest of your trip. For the more experienced long-distance traveler, you will need to consider the value of your time, traveling to and from several destinations or staying in one location. There are advantages to moving around, but the time could keep you from enjoying your trip.



Avoiding “single supplement” fees

A cruise can be a Step Three travel experience. A single supplement is a charge paid by a solo traveler to compensate a hotel or cruise line for losses incurred because only one person is staying in a room or cruise ship cabin. Most hotel rooms and ship cabins are built under the assumption at least two people will occupy them. The single supplement is a travel industry premium charged to solo travelers when they take a room alone, mostly for a cruise or hotel stay. The amount involved ranges from 10 to 100 percent of the standard accommodation rate. Some ways to avoid paying this fee include negotiating with the vendor, traveling during slow periods, doubling up, traveling on single tours, cutting out the middleman, and traveling via adventure tours in places that don’t rely on cruises or hotels. You can keep looking until you find the cruise or trip you want without the high price of being solo as an independent woman.

Packing



Save space while Packing your clothes smaller

Rolling your clothes will take up less space than folding them. You can wear your bulky clothes, such as a winter coat and boots on the plane. Shoes in your suitcase can have items stored inside of them, such as jewelry. Neutral colors work best for longer trips because they will be able to go with any outfit.

Limit your fine jewelry

I take a limited amount of jewelry with me when I travel. First, I don't want to lose it, and I don't want to seem like an easy target for thieves. If you are wearing diamonds, flashy jewelry, or other precious items, you may seem rich to others. It may be best to leave the bauble home and find some new costume jewelry to wear at your destination.



Travel Tip: Store your luggage at a hotel

If you want to store your luggage for the day because of a late flight at night, go to a chain hotel, especially if you are a member of the loyalty program, and ask for the bell captain to store your luggage, even if you didn't stay there. They will usually do it for free, which means you can give them a healthy tip, so you don't need to carry it all day. This worked out so

well for me in Chicago. I stored it at the Hilton Hotel downtown and was happy to retrieve it later, leaving a tip for the service person.

Step Four

Accommodations

If you are a Step Four traveler, you have already seen your fair share of accommodations and know your way around a city. Since Step 4 is in a region you don't know well (yet!), you may book your full accommodations in advance, or you may decide to only book your first night, and leave the rest unplanned. This brings some risk during holiday and busy seasons, but also great rewards during shoulder and slow travel seasons. Have direct contact with someone at the location, such as the front desk manager, if possible, in case something unforeseen happens. Then, you can let them know you will arrive later than expected, or not at all. Booking through a third-party app, such as Expedia, will limit the conversations you have later on. Managing your own direct reservation will be preferred in order to feel more safe and secure. It may cost a few dollars more to book directly through the hotel, but in the long run, that could save you stress and cancellation fees later.

Packing

Limit luggage

Packing for Step Four has additional challenges. The advantages of packing organizers or travel compression bags become more valuable, as space is

at a premium. The best way to pack a smaller suitcase is by using cubes, mentioned below. Many airlines limit the size of carry-on luggage, so find out the exact dimensions and measure your bag accordingly. Seasonally, you will have more clothing during the colder months, so it's even more important to think about layering your clothes. If you have boots, wear them on the plane so you have more room in your suitcase.



Over-packing exercise

Put your suitcase on your floor, fill it with what you need, then remove half of the things inside. You (actually) won't need them. Essentials to keep are medicines, medical devices, water, basic makeup and beauty aids, and lotions you can't find on your travels. One friend uses this rule: what I'm wearing plus two other outfits, pajamas, underwear, and a change of shoes. Everything must mix and match. I bring one pair of jeans, one pair of shorts or leggings, and one shirt per day for up to four days. Carry enough underwear and socks for a week. You can always wash your clothes if needed. You can try both looking good and enjoying quality travel. Limit the number of shoes. My friend Karen had six pairs of shoes in her suitcase for a short trip, and she didn't remember packing them. She ended up with sore feet anyway because the shoes were not high quality. Take only the shoes you really need, not new ones! Make sure they are worn well before your trip.



Packing cubes

Packing cubes are zippered fabric containers, which fit into small spaces. You are not only more organized, but you can also pack more efficiently. I use four nylon cubes. They are the same rectangular shape and size, lightweight, and have strong zippers. Although compression bags are a good alternative, your cubes don't need to release air. They are more durable and stack neatly. Plus, there will be fewer creases in your clothes. The advantages of cubes are efficiency, saving space, keeping clothes clean and dry, and preventing you from overpacking. The best way to use them is to line up everything you want to bring and figure out how you want to travel. One cube could be for day 2 of your trip, so everything is easy to access. One cube could be your toiletries and electronic cords. One cube could hold a pair of shoes, which you can surround with other smaller items. You'll notice the fabrics; the shapes of your items and the weight will make a difference. Whether you fold or roll tightly, it may take you several tries to get everything into the cubes, but once you do, you're all set for your trip. My cubes fit into a small carry-on bag.



Clean clothes on the road.

Everyone has their own definition of "clean." With clothes, this is no

different. My definition of clean is fresh and non-stained clothing, and what really matters is clean undergarments. Keeping the things close to your skin clean will keep you on the road longer. Ensure you have enough underwear for your trip, even if you need to wash/dry them often. Choose fabrics such as polyester which will dry faster.

Here are tips for clean clothes:

- Bring bags to separate clean clothes from dirty clothes.
- Carry detergent packets with you so you can wash them when you have water and air dry them on the road.
- Consider wearing some clothes inside out, for an extra day's wear.
- Wash at night before you sleep, so your clothes will be drier when you wake up.

Lesson learned- Spending too much time making reservations

I spent hours calling our timeshare reservations department and planning a trip to Branson, Missouri. When I called to book my designated week there, all of the rooms were taken. I was upset, but I should have been relieved. When I finally arrived in town, all I wanted to stay was one night.

So, don't spend too much time looking for your hotel or a place to stay.

You'll always find one if you need it, even if you need to drive 20 miles.

Step Five

Accommodations

Book one night

For the Step Five traveler, housing can be difficult, depending on the country you choose. Booking your first night may be helpful for an independent traveler. I did this in several Step Five trips, including a long trip to China.

Lesson learned- Getting to the pool of an Airbnb where I stayed in Bangkok, Thailand was an adventure. I had to borrow the pre-cast plastic fingerprints of the owner on a hook inside my unit to get on the rooftop deck to use the swimming pool. They worked perfectly as if in a James Bond movie with fake fingerprints. I don't think the owners were supposed to have guests, but thanks to the fake fingerprints, we could swim in the pool. It was delightful to relax at the pool as a guest to cool down after a long humid day of travel in Thailand.

You may find some of these non-hotels (Airbnb and VRBO) are better than others. By reading the online ratings from previous guests, you can learn a lot. In Cannes, France, I stayed in a terrible Airbnb, and I left a bad review where I did not feel safe; it was the home of a woman who was a hoarder with a bad attitude. There were boxes floor to ceiling throughout the apartment and a firetrap. Hosts can review you as well, so make sure you're a responsible guest. I've used Airbnb in California and across the USA—in Paris and other cities in France, Madrid, Barcelona, Tokyo, Taipei, Bangkok, and more.

You may prefer a hotel for consistent protocols and visible clues of sanitary standards Step Five hotel travel can be a comfort to be at a recognizable chain when you are away from home and traveling solo. I have had mostly

good experiences traveling at chain hotels while in a new country where I don't speak the language and need to get comfortable with the culture.

What to do when you get stranded?

Don't panic. Things happen. You could get stranded. It could be a disaster or an unexpected mishap. Possible mishaps include lost luggage, accidents, or injuries. Prepare for delays by giving plenty of time between flights and knowing your capabilities for flexibility. If you are unable to get the last flight out, you can usually get a nearby hotel. You may need to sleep in the airport if that's not possible. Some airports rent space for travelers to sleep. Prepare for lost luggage by carrying what is necessary on board with you. Prepare for accidents or injuries by keeping your insurance information handy and don't engage in risky behaviors.

Learn from the experience. Don't let it take over your memories of the trip, if possible. Prevention is the best remedy, so here are some tips on what to do if you're stranded. You don't want to run out of power. Find a place to charge up, recharge your brain, get gas, and get to safety. Be sure you drink enough water. If you are hiking, hopefully, you have cell service and can call for help. Let someone know you need assistance. Be calm. Consider your resources and situation before you let fear incapacitate you. Be positive and talk to yourself. This challenge is not the end of a potentially life-changing trip. See it as a challenge you can surmount, and be proud of yourself when you do.



Safety when solo traveling

If you're solo, then you should plan to be self-reliant, so get used to this and get comfortable with liking your own company. Take yourself on a mental journey. Imagine yourself traveling alone, walking the streets, sitting down at restaurants, and enjoying yourself! Keep your wits about you, and maintain calm, positive thoughts. It's realistic if you practice ahead of time. For Step Five travel, know where gas stations are located if you're on the road and in remote areas. Know where there is GPS/cell service and how to charge your cell phone. Practice this scenario many times in your mind so this does not happen. Get your calm positive thoughts together on your mental journey.

Get into the right frame of mind. Be sure of your options. Perhaps, you can solve the problem by yourself. If not, perhaps, there is someone nearby you can ask for help. You may be able to wait it out, whatever it is. Remember, you do have choices and by reading this book, you will be more prepared.

If you can't solve the problem alone, ask for help from a qualified person, but make sure you're safe first. See if there's a passing car who can call for help. If planning for an outdoor trip, you should travel with water and a flashlight, as well as something to keep warm, and even a plastic garbage

bag to wrap around you if the temperature drops. Be hopeful and responsible. Do what you can to protect yourself. Know the phone number of the Consulate office in the country you are traveling.

Before you travel, enroll in the [STEP program](#) so you can get updates on the country you are in from the US consulate. It's a free program in the USA for international travelers like you. Keep their numbers handy and laminated in your carry-on baggage.

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/step.html>

Packing

Pack like the pro you are. Only include what you need so you don't overpack. In addition to what's already been discussed, add or subtract based on what you can easily purchase where you're going. Small sizes of toiletries can lighten your load considerably. Use a scale to weigh your suitcase and travel bags.

Meaningful travel is not looking like a tourist

You don't want to look like a tourist. You may want to make a provision to dress like a local if you can. Pay attention to social norms, such as covering shoulders when visiting churches in Italy and head coverings in Muslim countries. Dress respectably for the area you are visiting. If in doubt, research ahead of time. Looking like a tourist makes you a target for a pickpocket and other traps. My friend Yumi is from Edmonton, Alberta, Canada, and she gave me some advice on this. She went to the Everest

Base camp, booking her trip by herself. Her advice to me was to zip up and look confident.

Chapter 2 Summary

Housing and packing both need to be taken seriously, so be sure to plan this to your comfort level. This chapter reviews some of the best practices, including preparing your expectations.



The main points of the chapter include:

What you need to pack for what length of stay

Carry all your luggage in one trip so nothing is left behind

Safe vetted hotels and Airbnb's are at your fingertips

Stay calm if you are stranded.

3 GROUND TRANSPORTATION

This chapter includes tips on arranging for ground transportation, including getting around on land, ranked by steps of your abilities.



Step One

Road trip preparations

Consider the following if you're going on a road trip:

This checklist includes things to keep in your car.

- spare tire with jack
- charger for your phone
- Sunscreen
- hat
- sunglasses

5 STEPS TO SOLO TRAVEL

- water and food
- blanket
- registration
- proof of insurance
- jacket and gloves for winter weather
- wine opener
- raincoat or poncho
- reflectors

Road trip packing tip: Remember if you bring it, you likely won't need it. If you forget it, you will certainly need it. You may keep two lists. One for your car and another for your suitcase.



Preparing for your road trip with personal technology

Why bring technology with you on your trip? They help make travel a joy. Tech devices, including phones, watches, and headsets can be a delight when they work, but when you can't operate them, it's frustrating. What's on your list of "must haves"? Consider your specific needs for day-to-day

as well as the cost of carrying each item with you. We will discuss regular technology as well as some low-tech you may consider in tackling ground transportation.

Regular tech: laptop or tablet, smartphone, chargers, portable charging batteries, portable thumb drive, earbuds, headphones, cleaners, headphones, and hearing aids.

Low tech: pen and paper, scissors, stapler, tape, eyeglasses, sunglasses, keys, flashlight, and batteries for flashlight.

Technology preparation begins before you head on your road trip. Research your trip needs in advance. You can use the internet search functions on your phone, laptop, or desktop computer to look up details for your trip. Find out what you might like about the destination and things you plan to avoid. Plan for day one and study the map. Make a list of your favorite places to see, learn about, and eat. Imagine YOU in this destination. Take notes. Which websites should you look at? Trip Advisor, Airbnb, Expedia, and local Chambers of Commerce websites and blogs can be great sources of information. Search the city information office or tourist office. Think of people you know and contact someone from the city ahead of time. Find out if there is a major conference in the city before you travel because all hotel rooms can be booked. What tech tools will you need on this itinerary?

Skipping to the ending pages.....Be sure to purchase the paperback or ebook if you enjoyed reading this preview.

Why should you go and keep on saying “yes” because you know you

should?

Hodophobia is the fear of travel. This is real for many people. Not just women, but mostly.

India's Kanako Imamoto. "The skills of adaptability and responsibility are built through the process of dealing with problems."

Special thanks to Ellen McCabe, Tina Shubat, Catherine Shubat, Sara Jones (RIP, 2021), Others to thank include Ben J. Shapiro and Wade Taylor for coaching and suggestions of Dr Mary Travelbest podcast.

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Note: This is not written by a medical doctor. Any advice should be considered along with other expert opinions.

ABOUT THE AUTHOR

Dr. Travelbest wrote the *World's First Guide to Independent Travel* and self-published it as a world travel tool in 1993. Since this publication, possibly up to a billion miles have been recorded by people who have read, listened to book recordings/podcasts, and followed on social media—people who are going places on planes, trains, autos, bikes, boats, and on foot, and one day in space exploration.

Dr. Mary Beth McCabe wanted to center her focus on the travel mission of bringing the world closer to peaceful living, rather than personal identity. Hence, she published under the pseudonym “Dr. Travelbest” in 1993. The mission will be continued by her daughter and avid global traveler and contributor, Ms. Christina Shubat—and by future generations of travelers like you.

Dr. McCabe has a Doctorate degree from a globally focused university and for three decades has owned a marketing/media agency, serving Fortune 500 companies with cross-cultural marketing and digital strategies. She is a world-renowned leader in marketing and has been a professor at ten universities throughout her career. McCabe is currently a Professor of Marketing at Point Loma Nazarene University. She has traveled to all 50 US states and more than 25 countries. She has traveled solo or with a friend to every continent except Antarctica. She is co-author of *Mobile Marketing Essentials* (Stukent, Inc.), the first textbook on this topic. She lives in San Diego with her husband, Allen.