

– your –

SOLO TRAVEL STARTER KIT

brought to you by
Bucket List Travel Coaching



IT'S TIME TO CHOOSE YOURSELF

Welcome to the Solo Travel Starter Kit! If you're nervous about travelling on your own, or you think you might be ready to start taking solo trips but you're not quite sure what to do first, or you're feeling trapped, bored or stuck in your life and feel like a change of scenery might be just what you need to clear your head and jump start your next chapter, you're in the right place.

Hi, I'm Corinne, Bucket List Travel Coach. Growing up, my family couldn't afford to take vacations. The first time I travelled interstate, I was 19. The first time I travelled overseas, I was 29. I was absolutely bitten by the travel bug then. My first few international trips I had travel buddies, but as we got into our 30s, my friends' priorities changed. Some were getting married and having kids, some were focussing on climbing the corporate ladder, but I was single, childfree and a small business owner and I didn't want to stop travelling because my travel buddies no longer had the same flexibility as I did. For me, travel wasn't just about going to a destination. It was important for my wellbeing. It was a way for me to expand my horizons and get out of my head when my responsibilities had me feeling trapped and bored and I didn't want to give that up.

That's when I decided to embrace travelling solo. It was nerve wracking the first couple of times. All the planning was now on me. How was I going to get from place to place? Was I going to feel safe? How was I going to talk to people when I'm naturally an introvert? Was it going to be lonely?

That's why I decided to create this Solo Travel Starter Kit. So if you've been thinking about finally taking that trip to Lake Como that you've always dreamed of (say hi to George Clooney for me lol), or winging your way to Paris to drink all the wine and eat all the baguettes or even if you just want to dip your toe in the water with a sneaky staycation somewhere local for a weekend, here's everything you need to choose yourself and get started with your first solo trip. You're welcome ;) Remember, the only trip you'll regret is the one you don't take!

REMINDER!

Any time you want someone to cheer you on, hit me up at:

HELLO@BUCKETLISTTRAVELCOACHING.COM



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MINI BUCKET LIST

To get started with solo travel, obviously you need somewhere to go! Time to figure that out by creating a mini bucket list. Use the boxes below to list the top 4 places you've always wanted to visit. Let yourself really dream here. Sipping prosecco on the shores of Lake Como while on George Clooney watch? Awesome, write it down. Seeing the Northern Lights from inside an igloo? Sounds amazing, put it on the list! They can be big, they can be small. It's your mini list so make it about what you really want.

01

02

03

04

IT'S ALL ABOUT THE WHY

So many people skip this step when planning solo travel but it's the most important step there is. If you don't know why you want to go somewhere, chances are you're not going to get the experience you want from it.

Take a few minutes now to think about the 4 destinations you just listed in your Mini Bucket List and the reasons why you chose them as your top 4. What is it about them that makes you want to go there? Why is that important to you? What do you want to get out of your experience there? How will your life change having been there? Knowing the why can also help you decide which destination you want to cross off your list first. I'll left you plenty of room over the next couple of pages to dive deep into this!

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MAKE FEAR YOUR FRIEND

Travelling solo can be nerve wracking, especially if this is your first trip on your own. The best way to overcome any fears and doubts is to name them and then work out how to use them to your advantage so they don't stop you from doing the things that you want to do. Below I've listed 3 common fears solo travellers have and how to keep them in check and left space for you to list 3 more of your own.

FEAR: I WON'T HAVE ANY FUN ON MY OWN

I will overcome this fear by realising that being on my own means I don't have to worry about accommodating anyone else's wants or needs. I'm completely free to make my own decisions. I can decide when to get out of bed, when to go to bed, where I want to eat, when I want to eat, where I want to stay, how I want to spend my day, how long I want to spend in any one place, how much I want to spend. I can spend an entire day lounging around the hotel if that's what I want and need. I can have an entire day in a spa if I want. I can spend an entire day in the hotel pool. I can spend an entire day sunbathing on a beach. I can spend an entire day hiking. I can spend an entire day not hiking. I don't have to go anywhere I don't want to go or see any places I don't want to see. I don't have to eat at any restaurants that don't take my fancy. By not having to worry about anyone else, I can focus completely on everything I want and need to make this trip an experience I'll never forget.

FEAR: NAVIGATING PLACES ON MY OWN MAKES ME NERVOUS

I will overcome this fear by remembering I'm smart and capable and I can get familiar with all the places I want to go before I leave home. I can plan out my days so I know exactly where I'm going and when and I can research how to get around places as part of that plan, by looking up Google maps or speaking to the hotel or getting the support of a travel planner or travel coach. If I want to keep some or all of my days free to be spontaneous, there will still be places I definitely want to visit so I can research how to navigate all of those before I leave, so that I have all that information handy on whatever day I decide to visit. I can look up all the airports and train and bus stations I'll be travelling through so I can get familiar with their layout. I can make back up plans in case any transport is running behind or is rescheduled. I can store all this information on my phone so it's there when I need it and I don't have to have a million bits of paper to whip out when I'm trying to get from point A to point B.

FEAR: I'M AN INTROVERT AND I'LL HAVE TO TALK TO PEOPLE

I will overcome this fear by realising that I don't have to talk to anyone for the entirety of this trip if I don't want to. I may have to interact with hotel staff, flight staff, wait staff and attraction staff along the way, but I can keep that at a polite minimum and don't have to participate in small talk if I don't want to. If they ask me questions about how I'm enjoying my trip or my stay, I only need to offer them a short answer on what has made me happy on this trip so far. I will remember that they are busy and being polite and will be happy to get on with their day to serve the next person and won't judge me for my short answer. I don't have to make friends at any stage of this trip. I don't have to immerse myself with the locals if I don't want to. If I decide to go on a group trip, I don't have to speak to anyone else on the tour and I'm under no pressure to become bffs with them. If keeping interactions with people to a minimum is what I need for peace and enjoyment on this trip, then it is absolutely fine for me to have that.

MAKE FEAR YOUR FRIEND

Now you know how to name a fear and turn it around to your advantage, here's a space for you to list 3 other fears you might be feeling about travelling solo and how you're going to use them to your advantage. If you want any help with these, feel free to reach out at hello@corinnelennox.com or DM me at [instagram.com/bucketlisttravelcoaching](https://www.instagram.com/bucketlisttravelcoaching)

FEAR:

I will overcome this fear by:

FEAR:

I will overcome this fear by:

FEAR:

I will overcome this fear by:

TIME TO GOOGLE

Now it's time to research! You have a couple of options here. You can either research all 4 places you listed on your Mini Bucket List so you can then decide which one you want to be your first solo trip or if you're already leaning more towards one particular destination you can research that. A lot of people start with a budget and plan around that and that's totally valid, but I like to do the opposite. I will research all the things I want to do at a particular destination and how much they all cost, how much flights and other transport will be, accommodation, food, etc and then I can build a budget around that. This is so I don't go somewhere I've always dreamed of going and then miss out on doing the things there I've always wanted to do because I don't have the budget for them. Looking at it that way helps me work out when I can take the trip depending on whether I have the funds to take the trip now or if I have to plan for it later so I can save up some more funds. Don't forget to include an emergency amount in your budget so you'll be fine if something goes wrong. Google is your friend now and I've left you plenty of room to make all the notes you need!

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STILL GOOGLING

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GET THINGS DONE

You've done all your research so now it's time to choose. Where are you going? When are you going? How are you going? How long are you going for? What do you need to book? What do you need to pack? All of these things are going to require a whole bunch of actions, so what you're going to do now is break them all down into a list individual actions and due dates. Make a draft list here first so you can prioritise them. Once you know what priority you need to do them in, you can add them to the Get Things Done List on the next page so you know what you have to do and when. That way you've got it all in one place to refer back to. I'd also recommend putting these things in your calendar so you don't forget! If you're still feeling like a big trip is too much right now,, that's ok. Start smaller and plan yourself a short solo staycation. Even one night in a local luxury hotel is a great start! A little step now will eventually lead to big progress!

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GET THINGS DONE LIST

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GET THINGS DONE LIST

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TAKE OFF! TRAVEL TIME!

You know where you're going. You know why you're going. You know how to make any fears and doubts your friend. You've done all the research and all the planning and all the things so now you're ready to take off on your first solo trip! I'm so excited for you! On the next few pages, you'll find the resources I've listed below to keep you on track and ready for your next adventure!

VACATION GOALS

Remember in the It's All About The Way section I mentioned the importance of knowing why you're going somewhere so you get the most of the experience? Use this page to list your top 3 goals for this trip, why they're important to you and the top things you want to do, see and buy!

TRIP ITINERARY

Use these pages to write out your trip itinerary. You can list each day of your trip with the main things you're doing on each of those dates. Even if you've decided you're being spontaneous, some days you are going to have to do things like get to your destination so list those and then you can fill in the rest later.

VACATION BUDGET

A mini vacation budget so you can note what you're planning to spend on accommodation, transport, food and activities. There's also space for you to write in the actual cost of each category to see how well you hit your budget and help you plan for future solo trips!

BEFORE I LEAVE LIST

This is the list I have everywhere with me before I leave because as the title suggests, it's everything I need to do before I leave! Use this list to keep track of all the things you need to do before you leave like checking your passport isn't expiring soon, pausing any delivery services, giving your family and friends your itinerary, etc.

COUNTDOWN AND BONUS

Who doesn't love a good countdown! I've designed this to start out 10 days before your trip so that you can make a note of any last minute things you need to do in the days leading up to your trip or simply cross each day off and let the excitement build!

I've also included two extra bonus sections for you: Safety Tips for your solo trip so you can take all the precautions you need to have the best trip and a Travel Journal so you can keep track of all the incredible experiences you're about to have and memories you're about to make! Plus an extra special bonus Vacation Review, so you can recap your solo trip and make the next one even more amazing!

PIT STOP!



Before you continue on with your journey through this Solo Travel Starter Kit, I wanted to say thank you for being here and I hope it's helping you build the confidence to take your first solo trip! If you're looking for more support, please reach out below. Now carry on, my wayward traveller!

If you're looking for more support with finally getting your epic trip of a lifetime booked or you just wanna say hey, please reach out at:

 [bucketlisttravelcoaching](#)

 [bucketlisttravelcoaching](#)

 [bucketlisttravelcoaching.com](#)

 hello@bucketlisttravelcoaching.com

Here's to choosing yourself!

Corinne





VACATION GOALS



GOAL

1

WHY?

THINGS TO DO











GOAL

2

WHY?

THINGS TO SEE











GOAL

3

WHY?

THINGS TO BUY











TRIP ITINERARY

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VACATION BUDGET

ACCOMMODATION

BUDGET

ACTUAL COST

TRANSPORT

BUDGET

ACTUAL COST

FOOD

BUDGET

ACTUAL COST

ACTIVITIES

BUDGET

ACTUAL COST

BEFORE I LEAVE LIST

[illegible]

COUNTDOWN



DAY 9



DAY 8



DAY 7



DAY 6



DAY 5



DAY 4



DAY 3



DAY 2



DAY 1

I'M OUTTA HERE!

SAFETY TIPS FOR SOLO TRIPS

TRUST YOUR INSTINCTS

If it doesn't feel right, it probably isn't. Always trust your gut. If you're in a situation where you feel uncomfortable look around for a way to safely exit. You're not obligated to stay anywhere if it's going to compromise your safety.

EXCHANGE CURRENCY IN ADVANCE

It's best to try and avoid cash at all if possible whether you're travelling domestically or internationally. Travel credit cards that you can load your destination currency onto are widely available these days but if you do need foreign currency, exchange it at home before you leave.

DON'T TAKE TOO MANY SUITCASES

When I first started travelling I had a gigantic suitcase. Then I had two medium ones. Now I travel with a personal item, a carry on bag and a medium suitcase for longer trips. It keeps the amount of things you have to wrangle at a minimum making it less likely someone will take one!

NEVER TELL ANYONE YOU'RE TRAVELLING ALONE

Occasionally, you may need to tell someone you meet on your travels that you're travelling alone but keep those people to a minimum. Unfortunately, people that are up to no good are looking for people who travelling alone so keep that info on a needs-to-know basis.

STAY CONNECTED

Always give your family or friends your itinerary including your flights and other transport, your accommodation and any group or day tours you've booked. Check in with them every time you get to your destination or get back to your hotel room so someone always know where you are.

SAFETY TIPS FOR SOLO TRIPS

KEEP YOUR PHONE USAGE TO A MINIMUM

By all means use the GPS on your phone to navigate and keep your documentation and event tickets on it as well, but try to keep your phone usage to a minimum when you're out in public. Being glued to your phone keeps you distracted and makes it obvious you're not a local.

LEAVE YOUR HEADPHONES IN YOUR HOTEL ROOM

Using your headphones while navigating your destination leaves you distracted at best and unaware of your surroundings at worst which may mean you miss any warning signs. If you want your headphones to keep people from talking to you, don't play anything on them.

USE A CROSSBODY BAG

A crossbody bag is your best bet when you're out and about during the day. Make sure it's one with a zipper and with straps that are fully attached to the bag and can't be unclipped. There are plenty on the market now with extra safety features like cut resistant straps.

STAY IN A WELL REVIEWED HOTEL

I know AirBNBs are super popular these days but they can be safety nightmares. A reputable hotel is much safer as a solo traveller especially if the unfortunate happens and you have an emergency. Even still, don't give your hotel room number out and stay vigilant for lurkers.

KEEP CALM AND BE AWESOME

I know a lot of these tips may be anxiety inducing but the most important thing you can do safety wise is be outwardly calm while out in public and stay awesome. That will give you an air of confidence that you can call on if the worst happens. Don't be afraid to be loud if you need to!

TRAVEL JOURNAL

Date: _____

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VACATION REVIEW

WHAT I LOVED MOST

WHAT I DIDN'T LOVE SO MUCH

FAVOURITE PLACES

GOOD TIMES

WHAT DID I LEARN ON THIS TRIP?

HOW CAN MY NEXT TRIP BE BETTER?