

THE WELL PACKED WOMAN

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*You Don't Need  
a Reason*

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*The solo trip you keep postponing*

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*A field guide from*

THE WELL PACKED WOMAN

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START HERE

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## *You keep waiting.*

For someone to be free the same week you are. For the budget to feel comfortable. For the trip to feel earned. For a reason good enough to justify going somewhere by yourself.

Here is the truth nobody tells you.

You don't need a reason. You don't need permission. You don't need a companion whose calendar finally lines up with yours.

## *You need a decision.*

This guide is not a list of tips. It is the case for going alone, and the first few moves to make it real. Read it once. Then book the trip you have been postponing.

THE REFRAMES

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*"Going alone means no one wanted to come."*

*Going alone means you stopped  
waiting to be chosen.*

THE FIRST MOVE:

*Book one night somewhere you have always  
wanted to go. One night. You can do anything  
for one night.*

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*"It isn't safe for a woman by herself."*

*Prepared is safe. And you are  
already a prepared woman.*

THE FIRST MOVE:

*Pick a walkable neighborhood, a hotel with  
a front desk, and tell one person your plan.  
That is the whole safety system to start.*

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THE REFRAMES

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*"People will notice I'm alone."  
They won't. And the ones who do  
will quietly admire it.*

THE FIRST MOVE:

*Walk in like you belong, because you do.  
Confidence is a posture before it is a feeling.*

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*"Won't I be lonely?"  
Loneliness on a solo trip is clean.  
It has edges. It ends when the trip does.*

THE FIRST MOVE:

*Plan one anchor per day. A reservation, a  
museum, a long walk with a destination.  
The rest is yours to feel however you feel.*

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THE FIRST DINNER ALONE

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The first time I ate dinner alone at a restaurant, I brought a book like a shield.

*I never opened it.*

Nobody needed anything from me. I wasn't steering a conversation or waiting for anyone to finish a story. I was just there. Present in a way I almost never am at home.

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HOW TO DO IT, THE FIRST TIME:

*Ask for the bar. It is the best seat in the house and the easiest to sit at alone.*

*Order a glass of wine before you decide on food.*

*It settles the table and settles you.*

*Leave the phone face down. You came to be here.*

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BEFORE YOU GO

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*The short list that makes the first trip easy.*

- ◆ ***Pick the place by feeling, not by reason.***  
*Somewhere you have wanted to go. That is reason enough.*
- ◆ ***Book two nights, not seven.***  
*A short first solo trip removes the pressure to love every minute.*
- ◆ ***Choose one bag.***  
*One carry-on means you move freely and decide nothing twice.*
- ◆ ***Reserve the first dinner before you arrive.***  
*Future you will be grateful not to negotiate it in the moment.*
- ◆ ***Tell one person your itinerary.***  
*Then put it away and stop performing safety. You have handled it.*
- ◆ ***Leave room for nothing.***  
*The unscheduled hour is the one you will remember.*

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*The version of you who books  
the solo trip is always right.*

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*So stop waiting for the reason.  
Pick the place. Book the night.  
Go.*

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*For more on traveling alone, well*

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