



My 5 most
empowering tips
for solo female
travelers

Helping women find clarity and
healing through travel.



dawnpickbenson.com

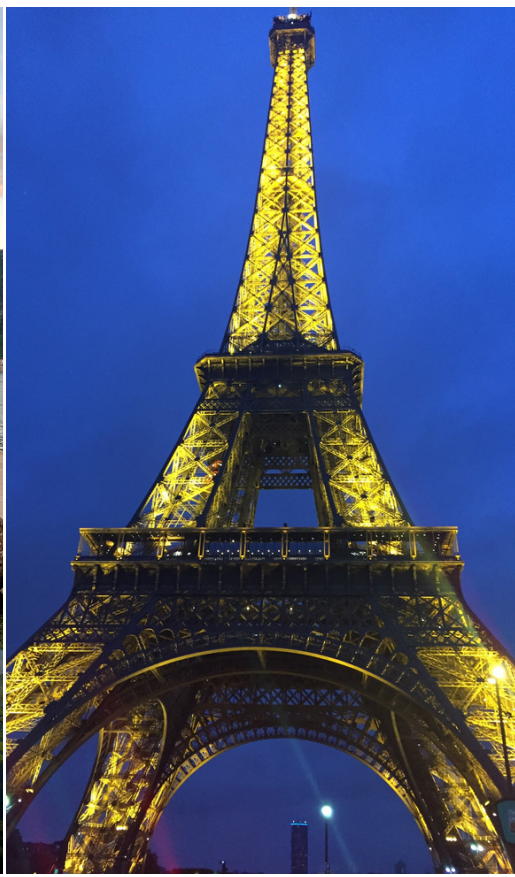
1

Realize you have more power than you think.

A taxi driver once decided to change the fee for taking me to my accommodations mid-ride. The situation didn't sit right because we had negotiated the fee upfront and I knew what the approximate cost should be to take me from the airport to the area in which I was staying.

I quickly looked at the map on my phone (I'd downloaded the area on Google maps before I left the U.S.), surveyed the surrounding neighborhood to see if it seemed safe to walk, surmised that my luggage was manageable enough on my own, and demanded either he honor our agreed upon fee or pull over and let me walk the rest of the way.

He was so surprised that he immediately backed off the higher fee and drove me directly to the location—no questions asked. I even sensed a bit of respect on his part for the way I stood my ground!



2

Know approximate transportation fees, and have that amount in local currency on hand.

These days many of us rely on credit cards and apps, but when traveling, there are always occasions in which you need cash. Whether it's a small shop, a bus or other local transportation, not everyone takes credit cards. That's why my first pitstop inside the airport is always at an ATM to ensure I have some local currency on hand.

It's also easy to rely on an Uber or Lyft and the ease that similar apps can offer. But there are times when Ubers are not available, or for whatever reason, your phone service or app fails.

When this happens, you need to know an average rate to negotiate for your fare so you don't get swindled. And many taxi drivers don't take credit cards, so having the amount in local currency avoids any extra confusion or hassle.



3

Bring only the amount of luggage you can handle on your own.

This might be the most empowering "rule" I have for myself while traveling. When you know you can handle your luggage on your own, come what may, it feels like a special kind of power.

No matter your situation or surroundings, this means you don't have to rely on waiting for help with your bags or struggle to get on or off a train or a bus alone. Taking only what you can handle means you can always count on yourself.

That is the most empowering feeling I can think of.



4

Walk with purpose (even if you're lost).

The surest way to announce to those around you that you're a hopelessly lost or distracted tourist (aka a target for theft) is to wander around looking at your phone, confused.

If you ever become uncomfortable or unsure of where you're going while out, keep walking purposefully until you find a shop or a restaurant or even a hotel that you can duck into. While there, you can look at the map on your phone more carefully or even ask a local for help. A friend of mine once told me: *"Dawn, stand tall, stick out your bosoms, and walk like you know where you're going."*

I still laugh at her advice, but it's turned out to be one of the most effective tips for traveling solo as a woman!



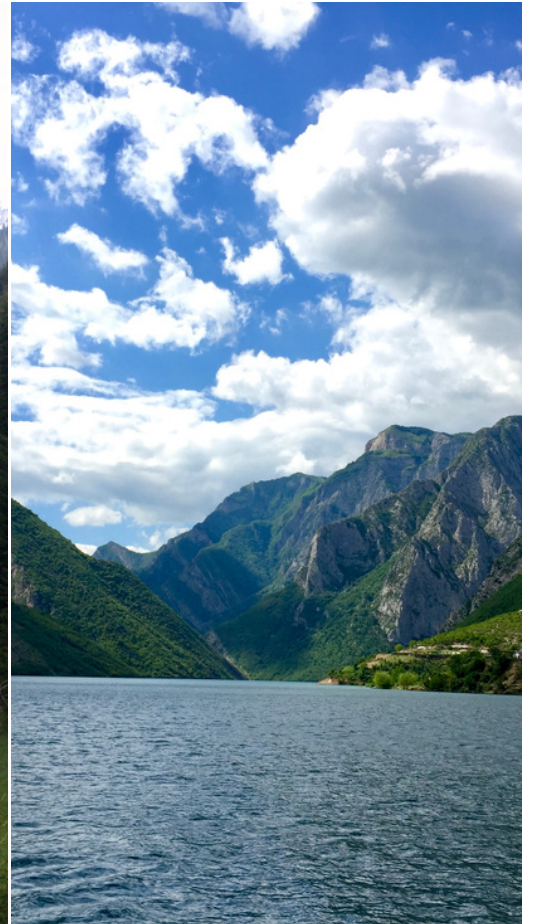
5

Trust your gut.

If you're ever in a situation that doesn't feel right, don't overthink it or worry about seeming rude to someone.

Trust your instincts.

If your gut is saying no or to get out of there, don't ask questions, don't feel bad—just go!





Interested in taking time off to experience a transformational travel journey, but not sure where to start?

Would you prefer to not plan your trip all alone, but instead do it alongside and with the support of a small group of other like-minded women who are also planning their own solo journeys?

Brave Journey, my signature travel coaching program for women, might be for you!

Learn more at: dawnpickbenson.com!

Follow me on Instagram: [@dawnpickbenson](https://www.instagram.com/dawnpickbenson)

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