



Wandersister Starter Guide

Your essential resource for solo
female travel

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Wandersister Free Starter Guide

Your first step into confident, soul-soothing solo travel.

For every woman who ever dreamed of going far, wide, and wonderfully alone.

1. A LETTER FROM ONE WANDERSISTER TO ANOTHER

Dear Wandersister,

If you're reading this, you've already done the boldest thing: you've listened to your inner voice the one that craves the unfamiliar, the beautiful, the wide-open road. This guide is your travel talisman, made with love to fuel your journey.

Wherever you go next whether it's a cobbled street in London, a quiet Parisian alley, or a coastal Amalfi caf this is your permission slip to roam boldly and gently, as only you can.

With love, Your fellow Wandersister

2. THE ESSENTIAL SOLO TRAVEL MINDSET

You're never behind. Wherever you are is exactly where you need to be.

It's OK to feel unsure. That's often where the magic begins.

Trust your senses. If something feels off change direction.

You belong everywhere. Yes, even here. Especially here.

Top 3 Destinations

Paris, France

Where elegance meets courage.

This is where your solo story begins not because Paris is easy, but because it's powerful. Women

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have walked these streets to remember who they are. Or to become someone new. Whether you're journaling on the Seine or standing quietly beneath the glass roof of Muse dOrsay, Paris holds you. You don't have to rush here. In Paris, you learn to walk with yourself.

Wandersister Tip: Stay near the Marais, Saint-Germain or (my personal favorite) the 16th Arrondissement beautiful, safe, and close to everything.

Must-do: Take yourself out to dinner. No book, no phone. Just you, a delicious meal, and a glass of wine.

London, United Kingdom

Where solo doesnt mean alone.

London is a solo travelers dream in disguise. Everything works here: the trains, the language, the unwritten rule that no one will ever stare. You can blend in or stand out both are perfectly acceptable. Whether youre sipping tea in Notting Hill, standing still in front of a Turner, or reading in Hyde Park, London gives you space to explore without ever making you feel exposed.

Its a city of quiet strength and private joys.

Wandersister Tip: Base yourself in Bloomsbury or South Kensington for charm, safety, and access.

London feels big but behaves like a series of villages.

Must-do: Book a solo ticket to the theatre. Dress up just for you. Let the lights go down and remember what it feels like to be moved.

Italy (Rome, Amalfi Coast, Florence)

For art, appetite, and awe.

Italy is the warm embrace of a thousand small pleasures. Youll wander ruins, sip espresso in golden courtyards, and speak with your hands even when you dont know the words. The country welcomes solo women with an open heart and a deep table its no wonder it tops every list.

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Wandersister Tip: Florence is perfect for first-timers – compact, inspiring, walkable. For slower moments, the Amalfi Coast offers peaceful terraces and coastal paths with space to breathe.

Must-do: Take a guided food tour in Rome – it breaks the ice and fills your belly.

4. THE WANDERSISTER PACKING LIST (LIGHT & SMART)

Essentials

- Passport + Copies (digital + printed)
- Travel Insurance Info
- Credit + Backup Card
- Universal Adapter + Power Bank

Clothing

- 2 pants, 1 dress, 3 tops (mix & match neutral tones)
- 1 scarf (for warmth / head covering / style)
- Comfy walking shoes + 1 chic pair
- Lightweight rain jacket

Extras

- Refillable water bottle
- Travel journal or digital notes app
- Noise-Cancelling headphones
- Apps for international eSIMs: e.g. Airalo

Safety Kit

- Doorstop alarm or personal alarm

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- Local emergency numbers saved
- Offline maps downloaded

Wandersister Tip: Youll pack lighter next time. Trust it.

5. STARTER AFFIRMATIONS

I trust myself to go far.

I dont need a reason to explore I am reason enough.

I welcome new places with open eyes and a calm heart.

6. HOW TO USE THIS GUIDE

Save it. Share it. Screenshot it. Send it to a friend.

Keep it close when you plan your next adventure.

Let it be a spark, a boost, a quiet whisper when you doubt yourself.

Youve got this.

And Wandersister is right behind you.

Follow along at @wandersister.travel and <https://www.wandersister.com>.

Lets make solo travel the most empowering thing you ever do.