

JETSET

Wiper

SOLO TRAVEL PLAYBOOK



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5. Consult a Professional: For personalized advice always consult with a qualified professional who can provide guidance tailored to your specific needs. Thank you for understanding, and I hope this Playbook serves as a valuable resource on your journey to greater joy, travel and joyliciousness.

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WELCOME BEAUTIFUL!

SOLO TRAVEL as a married woman—taboo or transformational? If you've ever wondered whether you *should* travel solo, worried about judgmental side-eyes, or struggled with guilt, this playbook is for you.

Traveling solo isn't just for singles or those escaping burnout. It's a powerful way to deepen your marriage, nurture your family, and reconnect with *yourself*. Think of it as radical self-care that benefits everyone in your life.

Thanks so much for saying “YES” to this companion playbook to my video, 70 Solo Travel Tips for Married Women. I’m Michelle, and as your **Fairy JoyMother**, I’m here to share more than 2 decades worth of **travel tips** from my lived experience as a globe-trotting flight attendant.

I'm excited for you to explore the world **SAFELY, STRESS-FREE, and GUILT-FREE** while stepping into your JoyGlo season. As you get started with your travel adventures, take time to **embrace the "Why"**:

Remember that solo travel can **deepen your marriage**, nurture your family, and reconnect you with yourself. It's about **independence and growth**, and using travel as an alternative form of self-care.

Solo Travel is Growth, Not Escape. One of the biggest challenges isn't the trip itself—its *what people think*:

- **Where's your husband?**
- **Why are you traveling alone?**
- **Is there trouble in paradise?**

Here's the truth: **A happy marriage thrives on independence and growth, not attachment at the hip.** Your husband is not your emotional carry-on; you don't have to pack him everywhere

you go.

Prepare to get inspired to plan the ultimate self-care adventure – solo travel. Travel on your terms is about **expanding your experiences and taking care of yourself.**

Traveling without your husband helps to keep the mystery, excitement, and new energy alive in your relationship. Absence doesn't just make the heart grow fonder—it makes you more interesting.

As you review the information in this playbook and decide you want a private consultation with me, let's do it. I can help you plan your solo trip as well as answer any travel related topics, I'd love to chat with you.

Feel free to book our time together [here](#).



WHERE TO START

YouTube Deep Dive <https://www.youtube.com>

- Search for travel vlogs and solo travel guides about your chosen destination.
- Take notes on safety tips, local culture, and must-visit spots.

Reddit for Real Talk (<https://www.reddit.com>)

- Search: *"Solo travel tips for Black women"*
- Read firsthand experiences to understand unique challenges and insights.
- Be aware of cultural nuances (e.g., people touching your hair or wanting photos).

Passport & Visa Prep <https://travel.state.gov/content/travel.html>

- Check travel.state.gov for entry requirements.
- Ensure your passport has at least **6 months validity** before travel.
- Apply early for **visas** to avoid last-minute stress.

- **Pro Tip:** When renewing your passport, request extra pages (*it's free!*).
- Consider a **passport card** for ID without carrying your full passport.

SAFETY & SCAM AWARENESS

- Check Reddit and social media for updated warnings.
- Research local common scams on Reddit and YouTube in your destination to avoid being caught off guard.
- Look up common scams in your destination (e.g., Grab drivers in Vietnam offering lower fares outside the app—while not always a scam, it removes the app's tracking for safety).

Know Local Laws: Some laws may surprise you (e.g., chewing gum is illegal in Singapore).

Watch Airport Arrival Videos: Helps familiarize yourself with the layout, money exchange options, and what to expect.

AIRPORT ARRIVAL TIPS

Rideshare Safety: When using Uber, Bolt, or Grab, confirm the driver's identity by asking, "What's your name?" and then introduce yourself. Confirm it matches the app's information.

Contactless Payment: Many airports and transit systems accept Apple Pay, Google Wallet, or contactless credit cards (e.g., London and NYC subways).

Airport Arrival "Tax":

- Not a real thing, it's something I use to travel with grace and ease.
- Sometimes, paying a little extra for convenience (like currency exchange at the airport) is worth avoiding hassle.
- Keep a small travel pouch with leftover foreign currency for easy exchange.

FLIGHT & TRANSFER PLANNING

Give Yourself a Time Buffer:

- Book at least **3+ hours** for international transfers to account for delays, diversions, or medical emergencies.
- Airlines don't always run on schedule—plan for flexibility.

PACKING & LUGGAGE STRATEGY

Team Carry-On: Preferable to avoid lost luggage, especially for airline employees who may not always get on a flight.

This is the [hard-sided luggage](#) set I use.

Backup Tote or Backpack: Keep essentials in a tote or backpack inside your carry-on to easily access important items if forced to check your bag.

Go Bag: <https://amzn.to/3DFj0Ri>

Weigh Your Bags in Advance:

- Use a [luggage scale](#) at home or an empty check-in station at the airport to avoid last-minute repacking.
- Be aware of strict weight limits on non-US carriers.

CHECKED LUGGAGE TIPS

- **Take a Photo of Your Bag & Luggage Tag:** Helps in case of lost or delayed luggage.
- **Follow Baggage Size & Weight Rules:** Prevents additional fees and the hassle of repacking at the airport.
- **Ask if your luggage will be transferred automatically for international flights or if you will need to claim your baggage and recheck it – always confirm this.**

SAFETY & EMERGENCY PREPAREDNESS

- **Register for S.T.E.P.:** Enroll in the Smart Traveler Enrollment Program for safety alerts and assistance abroad.
<https://mytravel.state.gov/s/step>
- **Emergency Contacts:**

- Save the **US Consulate's phone number** for your destination.
- Research local emergency numbers (e.g., Vietnam: **113** for police, **114** for fire, **115** for ambulance).

TRAVEL ITINERARY/LOCATION SHARING

- **Create an Itinerary:**
 - Create it manually in an email and send to loved ones.
 - Or use **Triplt** (free version) to auto-generate itineraries from email bookings.
<https://www.tripit.com/web>
 - Share with family or friends for safety.
- **Google Maps Location Sharing:** Allows trusted contacts to track your location while traveling.

<https://www.google.com/maps>

BACKUP DOCUMENTATION

- **Print Important Documents:**

- Visa (if required), itinerary, hotel booking reference, address and phone number, and consulate contact information.
- Make a copy of your passport and write 'copy' on it
- Digital reliance can fail if your phone is lost or dead.

CHOOSING THE RIGHT TRAVEL OUTFIT

- Wear pants you can roll up or a dress or skirt to avoid dragging fabric on the bathroom floor (which isn't always just water!).
- Layer your outfit to adjust to changing cabin temperatures.
- Pro tip: Avoid long, flowing clothing in the lavatory for a more hygienic experience.

TECH ESSENTIALS

- Phone Battery & Two-Factor Authentication (2FA) Risks:
 - Ensure your phone is charged before travel.

- If your phone is damaged or lost, you may be locked out of email and access to your online accounts.
- These are the portable battery chargers I use.
- The 2 Pack: <https://amzn.to/4iINEYQ> and a 2 Pack n all in one <https://amzn.to/3XNqc4C>

Recovery Codes for 2FA:

- **Gmail Recovery Codes:** Print or write these codes and keep extras in your wallet or with a trusted love one.
- **Password Manager Recovery Codes:** Write down backup code(s) to access accounts.
- **Rule of Thumb:** "Two is one, and one is none." Always have backups.

TRAVEL INSURANCE

- Many credit cards include **trip interruption coverage** as a built-in benefit. Some popular cards include:
 - **Chase Sapphire Preferred/Reserve**

- Capital One Venture X
- American Express Platinum

Contact your credit card's customer service to confirm what coverage is included and the requirements (e.g., you typically need to book your trip using that card to qualify).

If your credit card does not offer coverage, consider purchasing separate travel insurance—you can compare plans using Squaremouth

<https://www.squaremouth.com/21895>

Pro Tip: Start Your Coverage Early

Set your insurance start date two or more days before your departure and end date two days after your return to account for unexpected delays.

EXPEDITED RE-ENTRY

- Global Entry includes TSA PreCheck, making it the best choice for frequent travelers.

<https://www.cbp.gov/travel/trusted-traveler-programs/global-entry/how-apply>

- Instead of applying for TSA PreCheck alone, apply for **Global Entry** (only about \$10 more) and get **both** benefits.
- Many premium credit cards **reimburse the Global Entry application fee**. If you decided to sign up, please consider **using my referral links** so we can both earn rewards 😊

A few of the cards include:

- Capital One Venture X
<https://i.capitalone.com/J4k95pDg2>
- American Express Platinum
<https://americanexpress.com/en-us/referral/marriott-bonvoy?ref=MICHEGWISZ&xl=cp01>
- Chase Sapphire Reserve
<https://www.referyourchasecard.com/19q/71T48X4AZU>
- While waiting for **Global Entry approval**, or if you don't think it's necessary, use the **Mobile Passport Control (MPC) app** for expedited re-entry into the U.S.

<https://www.cbp.gov/travel/us-citizens/mobile-passport-control>

- MPC is free and allows you to skip long immigration lines—almost like Global Entry!

PACKING TECHNIQUES

- Experiment using both **flat packing** and **rolling** your clothes to see which works best.
- Rolling helps with **reducing wrinkles**, especially for delicate fabrics.
- Flat packing is good for bulky items

To Use Packing Cubes or Not?

- Some travelers swear by **packing cubes**, but they can make it harder to see items at a glance.
- If using them, opt for **clear plastic cubes** to quickly locate belongings.

Avoid Overpacking and Do light Laundry Instead

- Instead of overpacking, plan to do laundry:
 - Pack laundry detergent sheets or a few Tide Pods for quick washes. <https://amzn.to/43MGQFI>
 - Many destinations, especially in Southeast Asia, have affordable laundry services.
 - Hotels often have laundry facilities or offer quick wash-and-fold services.

LONG-HAUL FLIGHTS

Health & Comfort on Flights

- DVT (Deep Vein Thrombosis) Prevention: Wear compression socks to improve blood circulation and reduce swelling on long flights.
<https://amzn.to/4ht9uyt>
- Be sure to put on your compression socks in the restrooms before boarding so you can get used to wearing them.

In-Flight Essentials & Organization

- **Airplane Go Bag:** A small foldable bag to store essentials like chargers, scarf, snacks, etc., for easy access during the flight.
<https://amzn.to/3DFj0Ri>
- **Amenity Kits:** Some kits double as mini backpacks, great for extra storage which always come in handy when traveling.

FIRST AID & ESSENTIALS KIT

- Pack a mini first aid kit:
 - Pain relievers (ibuprofen, acetaminophen)
 - Band-Aids or any items you need
 - Throat lozenges (airplane air can be drying)
 - Decongestant (crucial for flying—helps prevent painful ear pressure)

<https://amzn.to/3R8iFtm>

TOILETRIES

- Consider a **lay-flat toiletry bag** with a drawstring for easy access and quick packing.

<https://amzn.to/3DAsA87>

- It **zips up in seconds**, making it convenient to toss into your suitcase.
- **Game-changer tip:** Keep **duplicates** of your essentials (lipstick, body wash, etc.) to make packing stress-free.
- If you run out of an item, set a reminder to **replenish it when you get home**.
- Use an alternate case for your items, even a clear food storage bag works

Shower Cap Hack

- Bring a **large garbage bag** from home to use as a shower cap.
- Hotel shower caps are **too small** for braids, locks, or afros.
- You won't need to take off your bonnet or scarf—just **cover it with the plastic/garbage bag**.

TSA LIQUID RULES

- Keep liquids under 100ml (3.4 oz.) per container.
<https://www.tsa.gov/videos/travel-tips-3-1-1-liquids-rule>
- Even if a larger container has less than 100ml, it may still be confiscated due to the size of the container.
- Place all liquids in a 1-quart resealable plastic bag.
- Carry extra zip lock storage bags for:
 - Wet clothes
 - Dirty laundry (keeps your suitcase organized)

Packing Frozen Liquids & Gels

- If you need to bring juice, flavored water, your favorite shampoo and/or conditioner, freeze it before traveling.
- As long as it's completely frozen at TSA screening, it's allowed.
- Inform the TSA agent that you have frozen items and remove them for inspection.

- The **3-1-1 Rule** (3 oz. bottles, 1 quart bag, 1 bag per traveler) was established in 2006 due to an airline security threat.

AIRPORT & FLIGHT CHECK-IN

- **Check-In Times:**
 - Some airlines allow check-in at 36, 30, or 24 hours—check in early for the best seat selection.
 - Use [time.gov](https://www.time.gov) for accurate world clock tracking. This allows you to check in right away to select the most desired seats.
- **Delayed Flights:**
 - Even if a flight is delayed by hours, **check-in still closes at the original time**—arrive early to avoid being denied boarding.

LAV & HYGIENE TIPS

- Bring **poo spray** for personal use or to freshen the lav from the previous occupant.

<https://amzn.to/4iruh6v>

- If you're stuck in a **middle seat**, use the restroom for a **quick space break** on long flights.

- **Lav hygiene:**

- Dry the seat first. Use **disinfectant wipes** to sanitize the toilet seat as well as the door lav handles, the flush button and faucet controls.

<https://amzn.to/4hr6NgN>

- Use **multiple seat liners** for extra protection or bring your own.

<https://amzn.to/4hHh7RT>

- Spray the area with **poo spray** before and after using the lav.

THE POWER OF A SCARF

- A versatile travel essential:
 - Adds warmth on cold flights.
 - Blocks unwanted odors.
 - Creates a personal space bubble for relaxation.
- Think of it like a childhood fort—a simple way to create a moment of comfort and peace while traveling.

SECURITY & SAFETY

- **Lock Your Luggage:** Always lock bags, especially for overnight flights or long-haul trips.
- **Solo Travel Safety:**
 - Don't reveal you're traveling alone.
 - Say you're visiting familiar places or meeting your husband.
 - White lies can enhance personal safety.

CROSSBODY BAG

Wear an Anti-Theft Crossbody Bag if possible.

<https://amzn.to/4kLxUWK>

- Keep essential valuables on your person at all times, including:
 - Passport/ID
 - Phone
 - Money & Wallet
 - Credit Cards
- Recommended features:
 - Steel wire reinforcement (anti-slash protection)
 - RFID-blocking compartments (prevents electronic pickpocketing)
 - Multiple secure zippers
- Wear your crossbody bag at all times, even in restrooms or on flights.

Real-Life Example: The Importance of Securing Valuables

- While traveling from **Boston to Hong Kong**, I once left my **tote bag** on a seat at the airport.
- The **panic** was real when I realized all my valuables—camera, chargers, journal, headphones—were in that bag.
- Thankfully, my **anti-theft crossbody bag** held my **passport, visa, and money**, ensuring I could continue my trip even if the tote had been lost.

PERSONAL SAFETY GADGETS

- **Personal Alarm:**
 - Emits a loud noise to deter potential threats.
 - Has a built-in light for added security in dark places.

<https://amzn.to/41NOcWp>
- **Portable Door Lock:**
 - Extra security in hotels, especially if locks seem weak.
 - Ensure you practice using it before travel.

<https://amzn.to/43PZ5JU>
- **Steel Cable Lock:**

- Useful for securing luggage if you need to nap at the airport.
- Wrap it around your suitcase and attach it to a fixed object.

<https://amzn.to/4bT3kqb>

- Stay alert and aware of your surroundings.

SITUATIONAL AWARENESS

- As a solo woman traveler, situational awareness is key to staying safe and confident while exploring new places. It means being mindful of your surroundings, trusting your instincts, and recognizing potential risks.
- Whether it's choosing a well-lit path at night, being aware of who's around you in public spaces, or noticing if someone is paying too much attention to you.
- **Act Like You Belong:** Walk with confidence, look poised and unimpressed to avoid unwanted attention.
- If lost, **avoid pulling out your phone in public**—step into a shop or café instead.

- Occasionally cross the street or check behind you while walking alone.
- **Wear Sunglasses:** Helps you observe surroundings discreetly and reduces unwanted eye contact.
- By staying present and making smart decisions, you can enjoy your adventures with greater ease and security. Avoid looking lost or hesitant.

PERSONAL DATA SECURITY

1. Digital Security & VPN Use

- Use a VPN to access your favorite streaming services (like Netflix) from abroad and protect your data when checking bank accounts.
- Avoid **public Wi-Fi**; if you must use it, connect via a VPN for security.
- **Windscribe (Limited Data VPN):** <https://windscribe.com/>
-

2. Avoiding Data Theft (Juice Jacking)

- Do not use public USB ports at airports—hackers can steal your data.
- Always use a wall outlet with your own adapter for charging.

AIRPORT LOUNGES

- Lounge Access: via PriorityPass.com
 - Offers a calm space, free food, and drinks.
 - Favorite Priority Pass lounges: Istanbul & Abu Dhabi
- Best Credit Cards for Lounge Access:
 - Capital One Venture X (\$395/year but includes Priority Pass & \$300 airline credit).
<https://i.capitalone.com/J4k95pDg2>
 - Chase Sapphire Reserve
 - American Express Platinum (Centurion Lounges)

INFLIGHT COMFORT & SAFETY

1. Amenity Kits for Long-Haul Flights

- Many airlines provide amenity kits (e.g., Turkish Airlines, Emirates).
- If your airline doesn't offer one, create a DIY kit with essentials like lip balm, lotion, and eye masks.
- The pouches can be repurposed for other travel needs.

2. Bag Check Habit ("1-2-3 Check")

- Always count and check your **crossbody bag, tote, and roller board** before leaving an area.
- Helps prevent leaving items behind, especially when traveling solo.

SOCIAL MEDIA SHARING

- **Avoid posting travel updates in real-time** to prevent unwanted attention.

- Instead, favorite your photos and write captions while traveling. Post when you return home.

Staying Connected (WhatsApp Tip)

- WhatsApp is universally used and works on Wi-Fi, avoiding data charges.
- Use video calls to share experiences with family and reduce isolation.
- Can also use google meet as these video services uses Wi-Fi

STAYING CONNECTED

- **Use an eSIM for Data:** Easier than swapping physical SIM cards; set it up before departure.
I use Airalo. Please consider using my code for a discount <https://www.airalo.com/> MICHEL4225
- **Get More Data Than You Think You Need:** Avoid running out when you need it most (e.g., flight delays).

Backup & Tech Tips

- **Carry a Spare Phone:** Factory reset an old phone, create a separate travel Google account, and install key apps.
- **Use a Password Manager:** Ensures secure access to accounts if you lose your main phone.
- **Create a Travel App Folder:** Keep essential travel apps (currency converters, flight boards, maps) in one place.

NAVIGATION & PLANNING

- **Take Screenshots of Google Maps:** Wi-Fi may be unstable, so having offline directions ensures you won't get lost.
- **Download Maps for Offline Use:** If available, download maps for the areas you'll be visiting.
- **Be Familiar with Your Destination:** Research key locations beforehand for a smoother experience.

GOOGLE MAPS VOICE DIRECTIONS

- Holding your phone with Google Maps open marks you as a **tourist**.
- Use **earbuds with voice guidance** instead:
- Enable "Detailed Voice Guidance" in Google Maps settings.
 - Open the Google Maps app.
 - Tap your profile picture or initials in the top right corner.
 - Select Settings > Navigation.
 - Scroll down and tap Detailed Voice Guidance.
 - Toggle the switch to ON.
- Now, you can hear directions through your earbuds while using your phone.

MEALS & DINING SOLO

- Consider eating **Breakfast at your hotel**: Makes the first morning stress-free; later, you can explore other options.

- **Dining Alone with Confidence:** Instead of saying “Table for one,” say “Table for me, please.”
- **Use a Book or Tablet:** Keeps you occupied and eases anxiety about eating alone.
- **Sit at the Bar:** Provides natural conversation with bartenders and staff.
- **Picnic in a Park:** If nervous about restaurants, start by eating takeout in an open space.

MONEY MATTERS

- **Research Local Currency:** Search “currency in [destination]” to understand the money system.
- **Look at pictures to become familiar with the differences in foreign currency**
- **Keep Foreign Currency Separate:** Use a pouch or plastic bag instead of a traditional wallet for security.

Banking & Credit Cards

- **Notify Your Bank:** Even if they say it's unnecessary, ask them to note your travel to avoid account freezes.
- **Bring Extra Cards:** "Two is one, and one is none"—carry backup credit/debit cards.
- **Keep ATM Cards Active:** Occasionally use them before travel to avoid deactivation.
- **Use Fee-Free Debit Cards:** Consider options like Fidelity or Charles Schwab for fee-free withdrawals.

TRAVEL LIGHT & FLEXIBLE

- Don't **over-plan**—leave space for spontaneity and serendipitous moments.
- Balance structured activities with time to explore and connect naturally.

Hotel Room Hygiene & Security

- Bring **disinfectant wipes** to clean surfaces, cups, and remote controls.

- Decline **maid service** to avoid unnecessary access to your belongings.
- Personalize your space with a **signature scent** to make it feel like home. Consider this “Marriott-ish” oil blend.

<https://amzn.to/3FoZyJf>

Capturing Solo Travel Memories

- **Capture Your Memories:** Utilize a **travel tripod** or a **selfie stick that converts to a tripod** for great photos. Don't hesitate to ask friendly locals to take your picture. A dedicated camera with an SD card can free up space on your phone.
 - This is the tripod I use: <https://amzn.to/4in9dhO>
 - This is the selfie stick I use: <https://amzn.to/3R5t7Sr>
- Consider a **dedicated camera with an SD card** to avoid storage issues on your phone.
- This is the action camera I use: <https://amzn.to/4hdhNlq>

Staying Safe & Avoiding Unwanted Attention

- Expect to attract attention as a **solo traveler**, even as a married woman.

- Avoid wearing **flashy jewelry**—stick to minimal or fake rings to reduce risk.
- Consider wearing no jewelry at all. Here are some ‘fake’ jewelry alternatives for Jetset wifeys.

<https://amzn.to/41NVkID>

Building Confidence Before a Big Trip

- If solo travel feels daunting, start with a **staycation** in your own city or state.
- Experience self-care, explore local attractions, and build confidence close to home
- **Handling Unwanted Attention:** As a solo married woman, you may still get hit on. Wear a **plain ring (or no jewelry)** to minimize unwanted attention.
- **Baby Steps to Solo Confidence:** If you're nervous, start with a solo staycation in your home city to build confidence.
- **You Got This!** Solo travel is a powerful **confidence builder**. Do it scared, do it solo!

REAL BENEFIT OF SOLO TRAVEL

- It's not about **escaping** your life—it's about **expanding** it.
- Solo travel boosts **self-trust, adventure, and personal joy**—and a recharged, happy woman brings light wherever she goes.

SOLO TRAVEL AFFIRMATION

Repeat this during your travels:

"I am a confident, capable, and courageous woman. I embrace the joy of solo travel, knowing that every adventure enriches my life and strengthens my connections. I travel safely, I travel with joy, and I return home a more vibrant version of myself."

JETSET WIFEY CHALLENGE

Book a solo outing in your own city this week – a museum visit, a coffee date with yourself, or exploring a new neighborhood.

Practice those solo confidence muscles!

Then book an overnight hotel stay to become familiar with the solo travel process

I know you can do it Beautiful!