



THE LADIES TRAVEL GUIDE

Expand your soul through travel and watch your joy multiply



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Disclaimer

This guide has been researched to the best of my knowledge and while it is based on 30 years of my own personal experiences, as well as those from other female travelers.

This is a guide only. So, it's important to do some additional research before traveling.

The situation can change quickly, so always check the Foreign Office for advice for any country that interests you and read about their culture in order to show respect towards those with different values than yours!

However, it's important not only travel responsibly but also with an open mind so you can share in the local culture while giving back something your own as well!

Introduction

Hi there my friend,

Willnette Foxworth here and I'm so glad that you got your hands on this Freebie.

I put together this guide for women who want to give themselves permission to be **bold**, and to audaciously travel the world.

This guide will help you with the peace of mind you need when safely traveling as a female.

My hope is to inspire you to get out of your comfort zone and see what the universe has to offer.

The Ladies Travel Guide Is For You If,

- You're unsure if you can really travel safely
- You are feeling overwhelmed at the thought of planning your trip and don't know where to start
- You want to feel more confident traveling as a female
- You want to peak life experiences
- You are tired of waiting for your friends to travel with you

You Are Ready to be Bold in Becoming a Female Traveler

Congratulations!

Traveling is an incredibly rewarding experience, and it's a great way to learn about yourself and your abilities. However, before you go, there are a few things you need to know.

Female Travel can be one of the most empowering decisions that you will ever make but with everything to organize, it can also be overwhelming.

The Ladies Travel Guide For Audacious Women will help you on the road to your dream trip and give you all the knowledge and confidence you need to travel the world.

Learn how to lift your mood, work out your travel budget, make sure you have everything you need for your trip. You'll feel more prepared to take that leap, while creating your own sunshine in the world of female traveling. I dare you to be audacious and live the life you have always wanted.

Why Travel?

“If you are waiting for someone to travel with you, you may end up waiting a lifetime”. ~Anonymous

If you're waiting for Kim, Robin, Shaniqua, or Michael to travel with you, I'm sorry to tell you ladies, they may not be coming. So, instead of being disappointed by your friends, take control of your life and take your trip. Why?

Traveling helps you become more confident and independent. The freedom and flexibility while seeking new adventures and experiences are priceless.

Take the opportunity to boldly explore places with an open mind and learn to value the unknown, from different customs, traditions, sightseeing, exquisite cuisine, the history of the land and their people, architecture and so much more that the world offers us.

Women are traveling the world more now than ever before to embark on their own journeys of experiencing the life as a female traveler.

We are powerful beings capable not only deciding how far our travels will go but also shaping this world through creativity and experiencing things uniquely.

In reality, people often start conversations with female travelers just to see what they're up to!



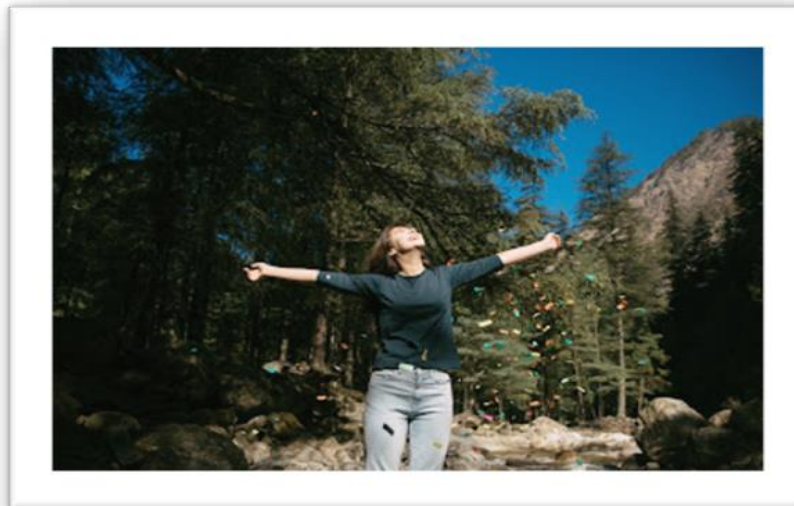
Traveling Can be Beneficial for Your Mental Health

Traveling has been linked to numerous benefits for one's mental health, including increased happiness, stress relief, and a greater sense of purpose.

It can also be a great way to expand your worldview. Studies have shown that being in new places can improve cognitive functioning and even make people more creative.

Traveling also encourages exploration and risk-taking which can help build confidence and reduce anxiety.

Finally, it offers the opportunity to be mindful and enjoy the present moment in a way that is often difficult to do when you are stuck in the same routine everyday.



What Are The Pros of Traveling?

Women love to travel. It's not just the joy and freedom that it brings, but also those first steps into an unknown world.

These are some of the catalysts for going on this journey towards an adventure!

1. To challenge yourself and become stronger
2. To conquer your fears
3. To experience full-fledged freedom
4. To gain independence
5. To have your own agenda
6. To find yourself
7. To engage in self care
8. To build confidence
9. To find contentment
10. To take risks and be bold
11. To inspire others



What Should I Know Before Traveling?

"We Have Nothing To Lose And A World To See" -Rainie Navarro

Female Travel is an exciting opportunity to explore new destinations and cultures

However, it can be difficult if you do not take the time to prepare before your trip begins.

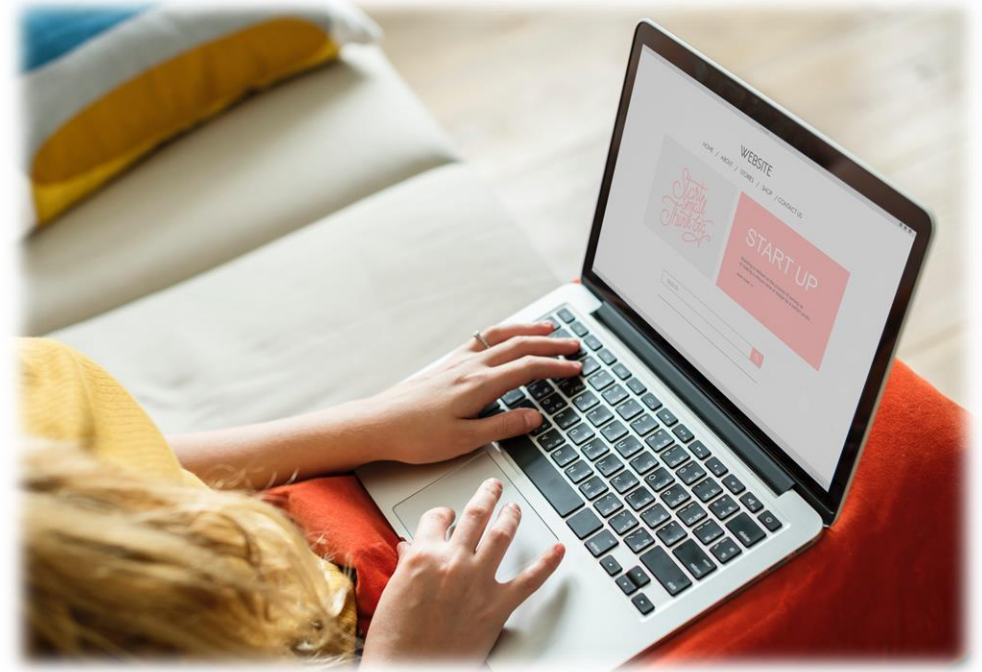
Think about what will make things easier on yourself once you have a plan and you are prepared.

From making sure every detail has been planned out (from departure airport/train station) all of way through transfers-you should plan for any situation that may arise during this travel journey.



Here Are Some Important Travel Tips

- Choose your destination smartly
- Do your homework before you arrive
- Book some accommodation in advance
- Make a communication plan
- Give someone at home your itinerary
- Trust yourself
- Pack appropriately
- Leave your valuables at home
- Avoid appearing like a tourist
- Keep your stuff safe
- Carry copies of important documents
- Get travel insurance
- Enroll in the STEP Program (For US Citizens) Find one in your country.



How to Prepare for Your Trip

So, you're thinking of traveling, but you're not sure where to start? Here are a few tips to help make your trip planning a little bit easier.

Tip #1

Do your research: The first step in planning any trip is doing your research. Get familiar with the area you're visiting and make sure you understand the basics, like currency conversion, visa requirements, and what to expect in terms of weather.

Tip #2

Plan: Once you have a general idea of what you want to do and see, start putting together a loose itinerary. This will help ensure that you don't miss out on any important sights or activities, while also leaving some room for spontaneity.

Tip #3

Pack smart: One of the benefits of traveling is that you can pack exactly what you want. Make sure to pack versatile items that can be used in multiple ways, and don't forget to bring your essentials, along with a good book or two.

How To Plan For Your Travel Accommodations

Planning your travel accommodations can be a daunting task, especially when traveling solo. Here are five suggestions to get you started.

- **Hostels-** Hostels are a great option for budget-minded travelers. They offer shared accommodations and often have a communal kitchen where you can cook your own meals.
- **Hotels-** Hotels are a good option for those who want more privacy and amenities. They can be expensive, but there are many budget-friendly options available.
- **Airbnb-** Airbnb is a website that connects people who need a place to stay with people who need to rent out extra space. This can be a great option for those who want to feel like they are living in the city they are visiting.
- **Vrbo -** Offers stand-alone vacation homes only. It doesn't offer share spaces/private rooms.
- **Couchsurfing-** Couchsurfing is a website that connects travelers with locals who are willing to let them stay on their couch (or in their home) for free. This can be a great way to meet new people and learn about the local culture.

No matter what type of accommodation you choose, be sure to do your research and book well in advance to ensure you get the best deal. And don't forget to enjoy your trip! :)

What to Pack?

When you're planning a trip, it's important to pack everything you'll need to make the journey enjoyable and safe. Here are some items to consider packing.

Clothing: Be sure to pack clothes that will keep you comfortable in the weather conditions you'll be experiencing. Also, bring along a few extra outfits in case of accidents or unexpected delays.

Toiletries: Don't forget to pack your basic toiletries, such as a toothbrush, shampoo, and soap. You may also want to bring along some extra supplies in case you run out.

Money: Make sure you have enough money (or a couple of credit cards) to cover your expenses during your trip. You may also want to bring a few extra dollars in case of emergencies.

Medications: If you're traveling to a foreign country, be sure to pack any medications you may need. It's also a good idea to bring along a copy of your prescription in case you lose your medication, or it gets confiscated by customs.

Passport and Visa: Make sure you pack these important documents for your travel. You will need them when traveling overseas.

Entertainment: Make sure you have something to keep you occupied during the trip. A book, a deck of cards, or a tablet can all be helpful in keeping you entertained.

Portable phone Charger: If searching for outlets in coffee shops, an airport, or frantically calling your friends before your smartphone hits 0% sounds familiar, you need a portable charger. It's that simple. Portable chargers make life easier. It's a great tool to have especially when traveling.

A Travel Journal: A travel journal can be a great way to document your trip and remember all the amazing things you experienced. It's also a great place to store souvenirs and ticket stubs.

Sunscreen and Sunglasses: These are essential items for any trip, but they're especially important when traveling. Sunburns and sunstroke can be very dangerous, so be sure to pack plenty of sunscreen and sunglasses.

Over the Counter Meds Packing List

Bringing OTC meds are always a good idea when traveling. You never know what might happen, so it's best to be prepared for anything.

- **Excedrin Migraine**- great for a bad headache due to a hangover.
- **Pain and fever meds**- often found in these **medicines** -- acetaminophen, ibuprofen, naproxen sodium, and aspirin
- **Benadryl or Zyrtec**- a antihistamine in case you have an allergic reaction.
- **Antiacids**- to counteract (neutralize) the acid in your stomach to relieve indigestion and heartburn.
- **Motion Sickness Pill**- if you get sick from water excursions or yacht cruises, this can be helpful.
- **D-mannose**- is an herbal cure for UTI (Urinary Track Infection)
- **Tea Tree Suppositories**- great for yeast infection that may be caused by soap or water quality.
- **Charcoal Tablets**- prevents stomach flu, traveler's diarrhea or food poisoning.
- **DEET 40**- A strong bug repellent. You can spray it on your skin and clothes.
- **Hand Sanitizer**- kill 99.99 percent of most common germs
- **Epi Pins**- is an auto-injector that contains epinephrine, a medication that can help decrease your body's allergic reaction
- **Contraceptive**- drug serving to prevent pregnancy and STD's.

By packing all these items, you'll be ready for anything that comes your way on your trip. Have a great time!

Disclaimer: *I'm not a medical doctor. These are just my personal recommendations. Please seek advise from a doctor before using.*

Money And Budget

You're probably wondering how to save money for a trip. It can be tricky, but it's definitely doable! Here are some tips:

- First, create a budget for yourself. This will help you stay on track and make sure you don't overspend.
- Second, try to find cheap flights and accommodation. There are many websites that offer deals on both things, so do your research and compare prices.
- Third, pack light! This will save you money on baggage fees, and it'll be easier to move around with less weight.
- Fourth, don't overspend on food and activities. There are many affordable things to do in every city, so don't feel like you must spend a lot of money to have a good time.
- Fifth, always have some extra cash on hand in case of emergencies. You never know when you might need it, and it's better to be safe than sorry.

By following these tips, you can save money and budget for a trip without any trouble!

Have a great time exploring the world on your own terms.



Budget Airlines

- **Spirit Airlines-** Is the leading Ultra Low-Cost Carrier in the United States, the Caribbean and Latin America.
- **Frontier Airlines-** As Home of Low Fares Done Right, find great deals and cheap flights to destinations all over North America.
- **Norwegian Airlines-** offers cheap flights worldwide. Book flights through our low fare calendar to your favorite destinations. Collect Cashpoints and get hotel deals.
- **Southwest-** Is one of the major airlines of the United States and the world's largest low-cost carrier.
- **JetBlue-** Explore exclusive deals and perks on flights + hotel packages.
- **Breeze Airways-** Provides nonstop service between underserved routes across the U.S. at affordable fares. Nice, new and nonstop.



10 Safest Places For Women To Travel

Some of the safest places outside of the USA for women to travel.

1. Iceland
2. Norway
3. Sweden
4. Denmark
5. Finland
6. Netherlands
7. Italy
8. Spain
9. Portugal
10. Switzerland

Some of the safest states in the USA for women to travel.

1. Vermont
2. Maine
3. Rhode Island
4. New Hampshire
5. Utah
6. Hawaii
7. Minnesota
8. Washington
9. Massachusetts
10. Connecticut

These countries are all considered very safe for women, with low levels of crime and violence.

They offer a wealth of cultural experiences, as well as plenty of opportunities for adventure and exploration.

So, if you're looking to travel safely, consider one of these amazing destinations! However, it's important to note that no place is 100% safe.

How To Stay Safe When Traveling

- **Plan your trip wisely.** Do your research and be aware of the areas in which may have a high crime rate.
- **Be aware of your surroundings.** Keep your head up and be aware of who and what is around you. If something feels off, trust your intuition, and take action.
- **Stay alert.** Avoid wearing headphones or talking on the phone while walking around alone. This will make you less visible and more vulnerable to attack.
- **Self Defense-** Whether it be pepper-spray, or a personal alarm, having some form of self-defense can give you peace of mind while traveling.
- **Stay in touch with loved ones.** Let someone know your itinerary and keep them updated on your whereabouts. This will help if something does happen, and you need assistance.
- **Be cautious** when meeting new people. Do not reveal too much information about yourself or your trip until you feel comfortable doing so. And never, ever, meet someone alone from the internet.
- **Know your limits.** If something feels unsafe, leave. There is no shame in cutting a trip short if it doesn't feel right.
- **Stay sober.** Drunkenness can impair your judgement and make you more vulnerable to attack or theft.
- **Dress appropriately.** Try to avoid wearing flashy jewelry or clothing that could make you a target. Instead, dress in a way that makes you feel comfortable and confident.

Above all, use common sense while traveling. If something feels wrong, it probably is.

In general, using your intuition and being aware of your surroundings are the most important things you can do to stay safe while traveling. Let me reiterate again, if something doesn't feel right, take action! Follow these tips and you'll be on your way to a safe and enjoyable trip. And don't forget to have fun!

Best Apps for Traveling

PackPoint- is a free packing list organizer for serious travel pros. This app will Wow you!

Triplt- This app is a great way to keep track of all your travel arrangements in one place. It organizes your reservations and gives you access to all your important documents, like tickets and boarding passes, right from your phone.

Hopper- to find the best time to book, explore Flash Deals, and earn Carrot Cash for free.

Google Translator- is a multilingual neural machine translation service developed by Google to translate text, and more

Google Maps: This app is a must-have for any traveler. It provides offline navigation, so you can still find your way around even if you're in an area with no signal. It also has built-in translation features, so you can easily communicate with locals no matter where you are.

Airbnb: If you're looking for a more local experience while traveling, Airbnb is a great app to use. It connects travelers with local hosts who can provide recommendations and insider tips on the best places to go and things to do in the area.

Yelp: This app is great for finding restaurants, bars, and other attractions in the area. It has user-generated reviews and ratings to help you make informed decisions about where to eat and what to do.

Currency Converter: This app is essential for any traveler looking to explore foreign countries. It converts prices between currencies so you can easily budget for your trip. It also has a built-in calculator, so you can easily figure out how much things cost in the local currency.

Waze- provides satellite navigation software on smartphones and other computers that support the Global Positioning System.

Western Union- Send and track money from the United States with **Western Union's** international money transfer services.

Traveling can be a great way to explore new places and meet new people. With these essential apps, you'll have everything you need to make the most of your trip.

Checklist

Recap: There are some things you should keep in mind before you go. Here is a checklist to help you get ready for your trip:

- ✓ Make sure to plan your route before you go, including stops for food and lodging.
- ✓ Make your accommodations well in advance.
- ✓ Research your destinations and find out what the local laws and customs are.
- ✓ Enroll in STEP- Smart Traveler Enrollment Program
- ✓ Make sure to pack comfortable clothes along with some essentials.
- ✓ Make copies of important documents like your passport, visa, and insurance information, and pack them in a separate bag or email them to yourself so you can access them if you need to.
- ✓ Make sure to pack your phone charger.
- ✓ Make sure you have travelers' insurance.
- ✓ Don't forget to pack your essentials and first-aid kit.
- ✓ Let someone know your itinerary and where you will be staying.
- ✓ Stay aware of your surroundings and be cautious when talking to strangers.

Have fun and enjoy your trip!

Female travel can be a great way to explore new places and meet new people. It's an incredibly rewarding experience and a great way to get to know yourself and the world around you.

Just make sure you are prepared for your trip and take precautions to stay safe. And, definitely have fun!!!

YOU HAVE THE AUDACITY TO DO IT!

Useful Websites

[Skyscanner](#)

[Google Flights](#)

[Couchsurfing](#)

[U.S. Dept. of State Bureau of Consular Affairs](#)

[TSA Precheck](#)

[Global Entry](#)

[Conversation Exchange](#)

[CDC - Center for Disease Control and Prevention](#)

[STEP Program](#)

[Passport Health](#) Travel Vaccinations. Quality provider of preventive healthcare services, including immunizations, travel medicine, flu clinics, and physical exams. Over 270 clinics in the USA



DID YOU GET VALUE?

I hope you did because I put my heart into making sure you get amazing tips on how to start your trip with confidence, while empowering you to be fearless as you travel the world.

"My mission is to take women on the journey of discovering their inner confidence by teaching them how to be BOLD traveling the world safely without fear."

Each Tuesday, I post a new travel topic on my blog at <https://willnettefoxworth.com>

Each Wednesday, I go Live on my Facebook Page at 7:00 PM EST with more awesome travel tips. <https://www.facebook.com/willnettef>

So, make sure to come Like my page and if you have any questions and you want to connect more, Click on one of my social links.



<https://www.facebook.com/willnettef>



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<https://www.linkedin.com/in/willnette-foxworth-748502b3/>



Start Your Bucket List Today



Membership



A must have magazine for anyone who loves to travel.

www.travelandleisure.com

Partnership



A21 is abolishing slavery everywhere forever. Together we are eradicating human trafficking.

www.a21.org

Hey, if you like to learn more about saving money on travel and so much more - while working from home. Contact me personally for more information.

Click on one of the links below.



<https://willnettefoxworth.com/work-with-willnette/>



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Coaching Women to Boldly Travel the World

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Female Traveler