

SOLO TRAVEL STARTER PACK

*Everything you need to plan, book, and travel alone
across 10+ countries — without overspending or overthinking.*

WHAT'S INSIDE

Flight booking system • Budget framework • Packing list
App stack • Accommodation guide • Daily budget tracker
Emergency contacts template • Country quick-reference

[Elitetrip.de](https://elitetrip.de)

01 FLIGHT BOOKING SYSTEM Find the cheapest fares, every time

The Google Flights Method

Skip the comparison aggregators. Google Flights has tools none of the others offer — and once you learn the system, you'll never overpay for a flight again.

Step	Action	Why It Works
1 — Price Calendar	Switch to calendar view, scan the cheapest week	Shifting by 2 days saves \$150–300 on long-haul
2 — Map Explore	Type your airport, browse destinations by price	Finds cheaper alternatives you'd never consider
3 — Price Alert	Set alert, wait 10–14 days before booking	Fares cycle — catch the dip, don't chase the peak
4 — Book Direct	When difference is small, book with the airline	Direct contact if schedule changes or cancellation

Budget Airline Strategy by Region

Region + Best Carriers	Watch Out For
Europe: Ryanair, Wizz Air, easyJet	Luggage fees add \$30–60 if not pre-booked
SE Asia: AirAsia, VietJet, Scoot	Seats unassigned — board early or pay extra
South America: JetSMART, LATAM, Flybondi	Schedule changes common — build buffer days
Middle East/Africa: flydubai, Air Arabia	Dubai layovers can be used as free stopovers

PRO TIP — Best Day to Book

Book on Tuesday or Wednesday. Weekend searches cost more because demand spikes and airlines adjust pricing dynamically. Booking 6–8 weeks out on a weekday consistently finds the lowest available fares.

02 DAILY BUDGET FRAMEWORK Real numbers from 300+ tracked travel days

The question is never 'How much will this trip cost?' — it's 'What does a day of life actually cost here?' Use this table as your planning anchor, then track daily in Trail Wallet.

Destination	Budget Daily (\$)	Mid-Range Daily (\$)
-------------	-------------------	----------------------

SE Asia (Vietnam, Thailand, Cambodia)	\$25 – \$40	\$60 – \$90
Eastern Europe (Poland, Hungary, Romania)	\$35 – \$55	\$70 – \$110
South America (Colombia, Peru, Bolivia)	\$30 – \$50	\$65 – \$100
Western Europe (Portugal, Spain)	\$55 – \$80	\$110 – \$160
North Africa (Morocco, Egypt)	\$25 – \$45	\$65 – \$95

The Three Real Budget Killers

- **Tourist-zone pricing:** prices double or triple within that radius. Walk 10 minutes away.
- **Commission markup:** 30–50% added. Book directly via GetYourGuide or local operators.
- **Worst rates anywhere.** Use a Wise card or Charles Schwab debit for fee-free ATM withdrawals in-city.

MY 10-COUNTRY COST SUMMARY (103 days)

Vietnam 18 days: \$520 avg (\$28.90/day)
 Morocco 10 days: \$380 avg (\$38.00/day)
 Portugal 9 days: \$610 avg (\$67.80/day)
 Colombia 15 days: \$620 avg (\$41.30/day)
 Peru 11 days: \$590 avg (\$53.60/day)

Grand total incl. flights + insurance: \$5,845 for 103 days = \$56.75/day all-in

03 ACCOMMODATION GUIDE Where to sleep well without overspending

The Pecking Order

Type	Best For / Notes
Private room in social hostel (4.8+, 200+ reviews)	Best value + safety combo. Check Hostelworld.
Boutique local guesthouse	Often cheaper than chains, always more interesting.
Airbnb Superhost (50+ reviews, 5+ night stays)	Weekly discount + kitchen = big savings on food.
Budget hotel chain (Ibis, Tune Hotels)	Predictable, safe, great for last-minute booking.

The One Review Filter That Saves Me Every Time

Search reviews for the word 'solo.' If multiple reviewers mention solo travelers specifically, you have real data. A review saying 'perfect for solo travelers, staff helped me book day trips' is worth more than 50 generic five-stars.

AIRBNB vs HOTEL — Quick Rule

Airbnb: best for 5+ nights (negotiate weekly discount, use kitchen). Hotel: best for 1–3 nights (no cleaning fee, 24/7 front desk, last-minute bookable). For national parks and remote areas, always choose hotels — you want staffed reception.

04 THE ESSENTIAL APP STACK Install these before you board

App	Category	Why It's Essential
Google Flights	Flights	Price calendar + map view. Best fare-finding tool available.
Hostelworld	Accommodation	Best hostel inventory globally. Filter by solo-traveler reviews.
Booking.com	Accommodation	Hotels + guesthouses. Free cancellation filters are invaluable.
Airalo	Connectivity	eSIM for 190+ countries. Buy before you land. No airport SIM line.
Google Maps (offline)	Navigation	Download region before entering dead zones (national parks, rural).
Trail Wallet	Budget	Daily expense tracker. Set a daily limit. See the drift before it hurts.
Wise	Money	Fee-free international transfers + debit card. Best exchange rates.
GetYourGuide	Tours	Book local tours directly. No hotel concierge commission (30–50%).
Noonlight	Safety	Silent panic button. Dispatches emergency services via GPS. US-best.
Life360	Safety	Share real-time location with safety contact. Set and forget.
Calm / Headspace (offline)	Wellbeing	Anxiety or overwhelm reset. Download before travel.
XE Currency	Money	Real-time exchange rates. Know if you're being overcharged.

CONNECTIVITY SETUP — Do This Before You Fly

1. Purchase Airalo eSIM for your destination (\$8–15). Activate before landing.
2. Download Google Maps offline for every city on your itinerary.
3. Enable Life360 location sharing with your safety contact.
4. Save local emergency number as a phone contact (not just in notes).
5. Screenshot your first accommodation's address + check-in instructions.

05 SMART PACKING LIST Carry-on only. Every time.

The goal is one carry-on bag (max 7kg) + a daypack. Checking luggage adds cost, adds risk, and slows you down at every border. Every item below earns its weight.

DOCUMENTS & MONEY	CLOTHING (1–2 week base)
Passport + 2 colour photocopies	5–6 tops (neutral, quick-dry)
Travel insurance certificate (printed + digital)	2 bottoms (one smart, one casual)
Visa confirmations (printed + email)	1 lightweight jacket or layer
Accommodation confirmations (first 3 nights)	Comfortable walking shoes
Emergency contact card (laminated)	1 pair sandals or light shoes
Wise card + one backup card (different network)	Swimwear (doubles as gym wear)
\$100–200 USD/EUR emergency cash	Packable rain jacket
Passport photos x4 (for visas on arrival)	Merino wool base layer (cold climates)

TECH & CONNECTIVITY	HEALTH & SAFETY
Unlocked smartphone	Prescription meds x2 (double supply)
Universal travel adapter	Basic first aid kit (blister plasters, antiseptic)
10,000 mAh power bank	Diarrhea + rehydration sachets
Laptop or tablet (optional)	Sunscreen SPF50 (hard to find abroad)
Earphones + backup pair	Insect repellent (DEET 30%+)
E-reader (saves bag weight vs. books)	Birdie personal alarm
Headlamp (for power cuts, camping)	Doorstop alarm (hostel/Airbnb)
Packing cubes x3	Padlock (for hostel lockers)

WEIGHT CHECK BEFORE YOU ZIP

Lay everything out. Remove two items you are 'not sure about.' They will be cheaper to buy at your destination than to carry. If your bag weighs more than 7kg, you are overpacking.

06 DAILY BUDGET TRACKER TEMPLATE Copy this into Trail Wallet or a spreadsheet

Track every day. The drift is invisible until you look at the data. Most budget blow-outs happen over 5–7 days of 'small' overspends, not one big mistake.

Category	Budget/Day	Notes
Accommodation	\$___	Pre-research and book ahead for first night only
Food (all meals)	\$___	Set the 10-min-walk rule before you arrive
Local transport	\$___	Walk when safe. Uber only when necessary.
Activities / tours	\$___	Book directly, not through concierge
Sundries / shopping	\$___	Give this the smallest budget — it grows fast
DAILY TOTAL	\$___	
Running total (trip)	\$___	Check weekly against your overall budget

EMOTIONAL SPENDING — The Invisible Budget Killer

Anxiety-driven days cost 40–70% more. Signs: taking Ubers you don't need, eating at tourist restaurants because you're tired, booking tours you're not excited about to fill awkward social gaps.

The fix: Build one 'reset day' into every 7-day block. Low-cost, low-pressure. A park, a market, a library. Your budget will thank you.

07 COUNTRY QUICK-REFERENCE Key logistics at a glance

Country	Currency / Payment	Key Safety Note
Vietnam	VND / cash dominant	Negotiate xe om (motorbike taxi) price BEFORE boarding
Thailand	THB / cash + cards	Use licensed taxis with meters in Bangkok only
Cambodia	USD accepted everywhere	Tuk-tuks quote high — counter-offer at 50%
Morocco	MAD / cash essential	Never follow 'guides' who approach you first in medinas
Portugal	EUR / cards fine	Pickpockets on Tram 28 in Lisbon — front pocket only
Spain	EUR / cards fine	Las Ramblas in Barcelona: bag on front, phone in pocket
Poland	PLN / cards widely accepted	ATMs in tourist areas have high fees — find bank ATMs
Hungary	HUF / cards fine	Taxi from Budapest airport: only licensed BudapestTAXI

Colombia	COP / mix	Never take unofficial taxis — always Uber or InDriver
Peru	PEN / cash for smaller towns	Altitude sickness above 3,400m — ascend slowly

08 EMERGENCY CONTACTS TEMPLATE Fill this out before every trip

Print one copy. Keep it in your bag. Save it as a screenshot on your phone lock screen. Give a copy to your safety contact at home.

Contact Type	Details (fill in before travel)
Local emergency number	
Nearest embassy / consulate (your nationality)	
Travel insurance — emergency line	
Travel insurance — policy number	
Accommodation (first night) — address + phone	
Safety contact (name + phone + timezone)	
Doctor at home — phone number	
Bank fraud line (your main card)	
Passport number	
Blood type + allergies	

BEFORE YOU LAND — 5-MINUTE SETUP

Save local emergency number as a contact. Enable Life360 with safety contact. Screenshot your accommodation address. Confirm Airalo eSIM is active. Locate nearest hospital or clinic on Google Maps and save offline.

YOU'RE READY.

The only trip you'll regret is the one you didn't take.

Elitetrip.de