

WANDER WOMAN

Book Club DISCUSSION GUIDE



1. Have you traveled alone before? If so, what was it like? If not, what held you back?
2. When you share your solo travel plans, how do people react? If you've been solo traveling for a while, have you noticed that people's reactions have changed over time?
3. How has your definition of solo travel changed (or not) since reading this book?
4. We all have a lot of baggage around travel, and there are tons of myths we need to continue busting around who 'gets' to travel, and even what 'counts' as solo travel. Which myths have you subscribed to (now or in the past) and how have they impacted your travel decisions?
5. If you've travelled solo before, what do you notice is different about traveling by yourself vs. with a group? If you're considering your first solo trip, what's motivating your desire to travel on your own?
6. Safety is, of course, a major concern for many women travelers, but it's a far more nuanced, intersectional, and personal than we typically talk about. Reflecting on your own experiences, how do you assess what safety looks like while you travel? What considerations are top of mind?
7. Where is your travel comfort zone right now? What's one way you intend to challenge yourself and step outside your comfort zone through travel (near or far!) this month? How do you interact with travelers whose comfort zones are different from yours?



8. What one item do you never travel without? Why?
9. What's something you wish you'd known about solo travel before you started? Or, if you're still planning your first trip, what's something you learned that you're glad to know ahead of time?
10. Beth uses the metaphor of being a good houseguest when she talks about the importance—and complications—of bringing respectful, responsible, sustainable travel into our awareness as travelers. What does that phrase mean to you? How do you make decisions when you're traveling, and what decisions would you want to reconsider in the future?
11. What's the best meal you've ever eaten solo, and why?
12. We all have strings—the connections, relationships, and responsibilities that keep us tethered to a place. What are your strings? Have they changed over time? How do you manage them when you travel?
13. We all struggle with that dreaded question: “How was the trip?” What are some ways you've found to make the reentry process easier for yourself? Do you prefer to share a lot or a little about your adventures? What pieces do you like to keep for yourself?
14. Where are you going next?!

