

The Smart Woman's

Travel Toolkit



JENNY LYNN ON A
Journey



The Smart Woman's Travel Toolkit

Welcome!

Welcome, friend. I'm so happy you're here and are exploring ways to travel better!

After 40-plus years of traveling, writing, and calling Savannah home, I've learned that the difference between a stressful trip and a joyful one usually comes down to a handful of smart habits.

This toolkit is where I've gathered mine. Inside you'll find my hard-won rules for traveling safely as a woman, my exact pre-trip checklist, the apps I never leave home without, and the complete packing list I use for every journey.

Think of it as sitting down for coffee with a girlfriend who happens to have a jetset attitude.

Keep it on your phone, print it out, and pull it up every time you plan a trip.

The world is waiting, and you are more ready than you think.

Travel Fearlessly!



Jenny Lynn Anderson



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The Smart Woman's Travel Toolkit

Travel Fearlessly: A Smart Woman's Rules of the Road

After 40-plus years of traveling, here's a truth I wish someone had told me sooner: being a woman in this season of life is not a liability on the road. It's your advantage. You have sharper instincts, less to prove, and the confidence that only experience brings. Here are the specific habits I actually use, the ones that go beyond "trust your gut."

Check the license plate before you get in the car. This one matters more than any other. When your rideshare arrives, confirm the plate, the make, and the driver's name against your app before you open the door. I have heard too many stories of a random car pulling up first, the driver acting like he's your ride. He isn't. If the plate doesn't match, you say "you're not my ride" and you walk away. Every time.

Share your trip a day or two behind. Post that gorgeous rooftop photo tomorrow, not tonight. Share the boutique hotel after you've checked out. When you post in real time on a public account, you're telling strangers exactly where to find you right now. A small delay lets you enjoy every bit of the fun online without handing anyone your live location.



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Book the front desk, not just the room. I choose hotels with a staffed front desk 24 hours a day, and I'll happily pay a little more for it. It isn't only about safety. It's the human being who can call you a trusted taxi at 10pm, point you to the good café, or help when you're jet-lagged and something goes sideways. A staffed entrance and key-card access put a real barrier between your room and the street.

Read the reviews written by women like you. Before I book anywhere, I scroll past the star rating and hunt for reviews from other women traveling on their own. Their notes are gold: which entrance is well-lit, whether the neighborhood feels easy at night, how the staff treat a woman dining solo. And I put more weight on recent traveler experiences than on a government advisory. Real women, recently, tell you more than a color-coded map.

Pack a rubber door wedge or a portable door alarm. It weighs almost nothing and it buys real peace of mind. Wedge it under your hotel door at night, or hang a little door-handle alarm that will wake the whole floor if anyone tries the handle. I sleep better, and better sleep makes for a better trip.

Ask to be seated near other people, and make dinner yours. Tell the host you're dining alone and would love a table near other guests. Bring your journal, or don't. Order what you actually want. Some of my most memorable evenings happened at a table for one, right down to the night I found myself seated near someone I never expected. You are wonderful company.

Keep your money in layers. A money belt under your top is for deep security, your passport and backup card that stay put all day. In a zip-top crossbody worn in front, keep just the day's cash and one card. If the crossbody ever walks off, you've lost your afternoon budget, not your trip.



Boxiki Travel Money Belt is lightweight and keeps credit cards safe.

[Purchase here.](#)



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The Smart Woman's Pre-Trip Checklist

Pre-Trip Run Through. Packing is the easy part. It's everything in the week before you leave that tends to slip through the cracks. Here's my pre-trip run-through, the exact list I move through before every trip so I can leave home with a clear head.

Two weeks out

- Check your passport expiration (many countries require 6 months of validity beyond your travel dates)
- Confirm any visas, vaccinations, or entry requirements for your destination
- Review your travel insurance, or get covered if you haven't yet. One unexpected illness, canceled flight, or medical emergency can cost thousands—travel insurance helps protect you from all three.
- Make copies of your documents, paper and digital

One week out

- Alert your bank and credit card companies of your travel dates so your cards don't get frozen
- Share your itinerary with someone you trust at home
- Refill any prescriptions

- Screenshot every confirmation: flights, hotels, tours, reservations
- Download offline maps of your destination

Two days out

- Check in for your flight and save your boarding pass to your phone
- Confirm your airport transportation on both ends
- Set an out-of-office if you need one, and let work know you're away
- Charge everything and pack your chargers and a power bank

The morning you leave

- Do a final walk-through: passport, wallet, phone, medication, chargers
- Set your home lights on timers and lock up
- Take a breath. You planned well. Now go enjoy every minute.



An American-based company, TravelSafe Insurance offers comprehensive coverage. They get my seal of approval because they have American-based employees who speak native English and answer your calls 24/7.



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Air Travel Tips: Keep a Paper Boarding Pass, Even in a Digital World

I love the convenience of a mobile boarding pass, but I never rely on it alone. I always print a backup at home or grab one at the counter when I arrive. Here's why that little slip of paper is worth it:

- Phones die at the worst moment. On long travel days and connections, your battery may be nearly gone by the time you board.
- Dead zones happen. A weak signal near the gate can keep your mobile pass from loading right when you need it.
- The app can time out just as you reach security or the gate, holding up the line behind you.
- A cracked screen can stop you cold. If a crack runs through the QR code, the scanner may not read it at all.
- Some airports reject mobile passes entirely. A handful, like Oslo and La Rochelle, won't accept a pass on your phone, and others post signs that digital documents aren't allowed at security.
- International customs may want paper. Connecting through some countries, an agent may ask to see a printed boarding pass, and paper is simply easier to hand over than your phone.

Air Travel Tips: Protect the Boarding Pass Bar Code

Now, here's the part most travelers never think about. That barcode holds far more than your seat number. Decode it and you'll find your full name, your booking code (the record locator), and your frequent flyer number. That may sound harmless, but your last name plus that booking code is all someone needs to log into your reservation and change your seat, alter your meal, or cancel your flight, even after you've checked in. And your frequent flyer number can open the door to your account and your hard-earned miles. So protect it:

- Never post a photo of your boarding pass online. A screenshot of that barcode is even easier for a scammer to read than the paper version. Share your travel photos after you're home.
- Don't toss the paper one in an airport trash can or leave it in the seat pocket. Someone can pull all of that information right off a discarded pass. Bring it home and shred it.

And one timely reminder: as of 2025, you'll need a REAL ID-compliant license or your passport to get through security here in the States. Check yours well before your trip.

Jenny Lynn's Top 10 Travel Planning Tools to Save Money and Time



- [Visit Savannah](#): The #1 place to start your research when planning a trip to Savannah.
- [Trabee Pocket](#): Allows you to set a vacation budget and then enter your expenses to track how much you're spending in different categories.
- [Airfare Watchdog](#): Set up price alerts from your departure airport plus use this to monitor thousands of routes and airlines in real time to find the best flight deals.
- [Splitwise](#): This group travel app is perfect when you're traveling with a group and don't want the headache of pulling out multiple credit cards. The app lets users track shared expenses and the balance owed by each person.
- [Hopper](#): Helps you find the best time to book flights and hotels.
- [Google Flights](#): Best for price predicting and tracking. A travel aggregator, it uses its historical pricing data to give you the best data needed to make an informed decision.
- [Triplt](#): A travel organization app that helps you create detailed travel itineraries while organizing your journey. And, it lets you sync it to your email inbox.
- [Rome2Rio](#): Want to know how to get from point A to point B? Rome2Rio searches any city, town, landmark, attraction or address across the globe with thousands of multi modal routes to ensure you get there.
- [WanderLog](#): A travel planner with pinnable maps allowing you to see your entire trip at a glance as well as find the best routes. Plus, it allows you to seamlessly collaborate on itineraries, bucket lists, and shared notes with your travel companions.
- [Skyscanner](#): Powerful price comparison tool where you can compare prices in real time. Plus, you can create a price alert that allows users to get notified when prices drop or rise.



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Jenny Lynn's 8 Smart Apps to Travel Safely and Confidently



- [Life360](#) (or Apple's Find My) — Create a private circle so your family can see you've arrived safely at your hotel without you having to remember to text. My favorite part: loved ones get an alert when you reach your destination, and you get to relax.
- [Noonlight](#) — My favorite peace-of-mind app. Press and hold the button any time you feel uneasy, walking to your hotel, riding in a taxi. Release it and enter your PIN when you're safe. If you can't, emergency services are automatically contacted with your exact location.
- [Smart Traveler](#) — The U.S. State Department's official app. Enroll your trip in the STEP program and the nearest embassy knows you're in the country, plus you'll get real-time alerts if anything develops where you're traveling.
- [Travel Ladies](#) — A community of women travelers sharing honest, current safety notes and even meeting up. When I want to know what a neighborhood is really like for a woman, I ask women who were just there.
- [XE Currency](#) — No more standing at a market stall doing math in your head. A quick glance tells you exactly what you're about to pay in dollars, and it works offline once you've loaded your rates.
- [Airalo](#) — An eSIM that gives you data the moment your plane touches down, no hunting for a SIM card shop in a foreign airport. Affordable, easy to set up before you leave, and it means your ride-share and maps work from minute one.
- [Mobile Passport Control](#) — The free official U.S. Customs app that lets you skip the long reentry lines at major airports. Submit your info from your phone as you land and breeze through a shorter line. One of travel's best-kept free secrets.
- [PackPoint](#) — Tell it where you're going, for how long, and what you'll be doing, and it builds your packing list around the weather forecast. Pair it with my Essential Packing List and you'll never leave the sunscreen behind again.



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☑️☑️☐ ESSENTIAL PACKING LIST

from Jenny Lynn on a Journey

ESSENTIALS

Travel documents:

- Photo ID / driver's license
- Passport / visa
- Boarding passes
- Confirmation receipts
- Emergency docs

Funds:

- Wallet & cash
- Credit cards
- [Blocking sleeves](#)
- [Money belt](#)

Packing:

- [Carry-On Luggage](#)
- [Track Your Luggage Tag](#)
- [Toiletry bag](#)
- [Tech Organizer bag](#)
- [Beach bag](#)
- [Packing cubes](#)
- [Refillable bottles](#)

Other:

- Cell Phone
- [Cell phone charger](#)
- Keys
- Glasses / contacts
- Prescription medication



COMFORT

- Neck pillow
- Eye mask
- [Headphones / earplugs](#)
- Book / magazines
- [TSA Approved Water Bottle](#)
- Snacks / gum

TOILETRIES

- Toothbrush
- Toothpaste
- Body Wash
- [Facewash](#)
- Deodorant
- [Eye drops](#) / contact solution
- Shampoo & conditioner
- Hand lotion
- Body Lotion

HEALTH/BEAUTY

- Medications
- [First-aid kit](#)
- Vitamins
- [Body sunscreen](#)
- [Face sunscreen](#)
- Shaving products
- Hair products
- [Hair dryer](#)
- Hair accessories
- [Moisturizer](#)
- [Primer](#)
- Makeup
- [Lip balm](#)
- Perfume / cologne
- Feminine care products
- Tweezers
- Q-tips & tissues
- Cotton rounds
- Nail polish

CLOTHES

- Tops (casual & dress)
- [T-shirts](#)
- Jeans
- Pants (casual & dress)
- Shorts
- [Black Dress](#)
- Skirts
- Blazers
- Suit coats
- Ties
- Pocket squares
- Sweaters
- Coat/jacket
- Activewear
- Swimwear & [cover-ups](#)
- Pajamas
- Loungewear
- Underwear & bras
- Socks & tights / hosiery

ACCESSORIES

- [Sunglasses](#)
- Jewelry
- [Watch](#)
- Belts
- Scarf
- Hat
- Purse
- Umbrella

SHOES

- [Tennis shoes](#)
- [Dress shoes](#)
- [Heels](#)
- [Flats](#)
- [Sandals](#)
- [Flip flops](#)
- [Boots](#)
- [Hiking boots](#)
- [Water shoes](#)

ELECTRONICS

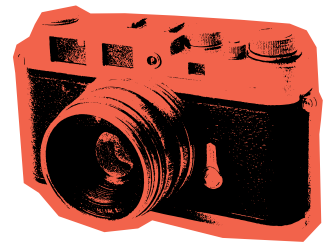
- Laptop
- iPad / tablet / e-reader
- Camera
- Chargers
- [Surge protector](#)
- [Power bank](#)

BEACH GRAB BAG

- [Quick drying towel](#)
- [Towel clips](#)
- [Hat clip](#)
- [Cooling towels](#)
- [Portable neck fan](#)
- [Electrolyte packets](#)

CRUISE EXTRAS

- [Binoculars](#)
- [Over-the-door cruise organizer](#)
- [Non-drowsy Dramamine](#)
- [Travel Journal](#)
- [Magnetic hooks](#)
- [ID Holder](#)
- Disinfectant wipes / spray
- Earplugs
- [Noise cancelling headphones](#)
- Sleep eye mask



Top Tips for Packing Light

- Use a [versatile carry-on case](#)
- Utilise a [good set of packing cubes](#)
- Use [reusable travel-sized containers](#)
- Bring a [smart toiletries bag](#) with a door hanger
- Pack clothing that is multi-use and multi-style
- Make a packing list - like this one!
- Limit shoes to 3 pairs - [stylish walking shoes](#), flat sandals, and metallic wedge shoe for evening wear.

For all my packing light travel tips [read my full post here!](#)



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Where to Next?

Now that you're ready to travel smart, let me help you decide where to go first.

If **Savannah, Georgia** is calling you, I've done the planning for you. My Ultimate Itinerary maps out three perfect days in my hometown, from the historic squares to the rooftop bars to a bonus beach day on Tybee Island, with the restaurants, routes, and hidden gems all figured out so you can simply enjoy them.

Explore the **[Savannah 3-Day Ultimate Itinerary here](#)**.

And wherever your travels take you next, let's stay in touch. Join my free travel newsletter for the tips, insider finds, and destination guides I share all year long at **jennylynnanderson.com**.

The world is waiting, and you are more ready than you think.

Travel Fearlessly,

A handwritten signature in black ink that reads "Jenny Lynn Anderson".



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