

THE ULTIMATE SURVIVAL GUIDE FOR

INTROVERTED TRAVELERS



IntroverTravels

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As a fellow IntroverTraveler, I have picked up a few tricks from my travels around the world. Being an introverted traveler, of course, doesn't mean we are shy; but it does mean that we have specific needs.

Here are 10 ways for introverted travelers to make the most of their travel experiences.



1

PACK HEADPHONES, A SLEEP MASK, AND AN E-READER

You probably never leave home without your headphones anyway, but having a sleeping mask and a good book are excellent ways to subtly tell the world: Do Not Disturb.

Plus, your travel should be a time for you to indulge a bit. You're taking PTO, paying good money, and don't have to go to work. You earned the opportunity to excuse yourself from social interaction. But that leads us to Tip #2...



2

BE OPEN TO MEETING NEW PEOPLE

We know that being introverted doesn't mean we are shy. Part of the joy of travel is experiencing it with someone. It could be someone you meet on a layover in the airport, a local who is eager to share their corner of the world with you, or a fellow traveler in a small group tour who you have a connection with.

Travel bonds people and it's not uncommon to build lifelong friendships with people you meet along the way. If you find yourself being a bit too hermitic, make yourself a small challenge to be more social than you normally would. Invite a traveler in your group to join you for dinner or share a snack and chug of water on a hiking break.



3

GET ACTIVE

One of the best ways to experience nature is to be active an active participant in it! Going hiking, snorkeling, stargazing, or doing a walking safari are excellent ways to get out of your own head and experience the world in which we live. So many people never leave the confines of the city, even though Mother Nature has so many things she wants to share with us. Being active is also a great way to experience travels with others, since activities like these don't involve an awkward amount of conversation. An afternoon snorkeling in a coral reef or a long hike in Patagonia is normally a pretty silent endeavor with short bursts of discussion like, "I just cannot get over how incredible that just was, right!?" "Right!" Right.



4

GET YOUR OWN ROOM

This is where introverts should fully embrace their introversion and spend some time alone. It's totally okay to want to embrace the solitude. Read a book, sleep in, have a dance party for one, or just journal in your underwear.



5

ROLEPLAY AS A TRAVEL PHOTOGRAPHER

Many people daydream of being a travel photographer for National Geographic. When you're out traveling, channel your inner-NatGeo photographer. You can actually take some decent photography with an iPhone (here are some tips for taking better travel photography with a smartphone). But consider investing in a higher-quality DSLR or getting a fish's perspective with your GoPro.

For us introverts, photography is also a good way for us to politely excuse ourselves to seek out a shot. And when we are traveling in small groups, it's also great to snap some shots of your fellow travelers, both posed and candid (without being creepy, of course). The favor will surely be returned and it's a great way to get shots of yourself (hello, Instagram!).



6

SCHEDULE DOWNTIME

Downtime is essential in re-charging our batteries. Travel can be sensory overload, so it's easy for our batteries to drain quickly (but don't you love a deep rest after a great day of hiking?).

Schedule this downtime into your day when you're traveling. You can do it in lots of ways; wake up an hour earlier to do some yoga, enjoy a tea and some writing after lunch, or head back early to read a bit before bed.

If you're traveling in a small group, it's okay to not participate in every available group activity. There are obviously certain experiences along the way that you've specifically traveled to see, but it's totally fine to order room service or sitting out a short afternoon hike.



7

SCHEDULE DOWNTIME

Travel elicits emotions that we don't normally feel every day, ranging from excitement, nervousness, gratitude, and awe. Writing down these feelings and recounting these experiences is cathartic and is a good medium for introverts to channel their thoughts and feelings. Don't wait until bedtime to journal, either. I bring my travel journal with me all the time, so I can jot down quick bursts in an airport, on a hike, or when I wake up.



8

UNPLUG

Use this travel time to untether yourself from technology. There's nothing wrong with uploading photos to Instagram when you get back to your room or posting a quick status update, but don't get lost in a Facebook clickhole or listen to music the whole time. It's amazing how loud (or deafeningly quiet) nature can be.



9

TAKE AN EXTRA DAY OFF WORK

Do not go full steam ahead into the Real World! Take a day to catch up on sleep if you had a long flight and to allow yourself to process the life-changing experience you just had. You can use the extra day to ease back into your everyday life again, so you can get some fresh food from the store (but order takeout that night, don't cook), unpack, and do your laundry. If you have to go back to work on Monday, plan to come home on a Saturday



10

LEAVE YOUR EXPECTATIONS AT HOME

Approach travel with a completely open mind. There's no specific way your travel experience needs to look. Don't worry about taking the most envy-worthy Instagram photos or having a long list of wild stories. Enjoy your own company. Grow. Be Yourself. It's totally okay to come back home with nothing more than a few photos, a clear mind, and a full soul.