

The Solo Backpacking Readiness Check

Why You Feel Stuck & What to Do Next



A simple guide for women who want to backpack alone but don't feel “ready” yet.



First Things First: Nothing Is Wrong With You

If you don't feel ready to backpack alone, it doesn't mean you're weak, unmotivated or incapable.

Most women are taught to believe confidence should come before taking action...and that feeling scared means they're not prepared enough yet.

But readiness isn't actually a technical problem.

It's emotional.

This guide will help you figure out whether you're missing skills or if you're simply waiting for a feeling that rarely shows up first.

The Readiness Check

Read each statement and check the ones that feel true to you right now:

Section 1: Emotional Readiness

- I worry about what other people might think if I go alone
- I feel anxious about being fully responsible for my own safety
- I keep thinking “What if something goes wrong?”
- I feel uncomfortable with uncertainty, even when I’ve planned well

Section 2: Technical Readiness

- I’m unsure about my gear or how to use it
- I don’t feel confident navigating or planning routes
- I’m still learning basic backpacking systems (food, water, shelter)

Section 3: Experience

- I haven’t done many solo hikes yet
- I’ve never spent a night alone outdoors
- I usually hike or camp with others

What Your Answers Mean

Mostly Emotional Boxes Checked:

You’re likely more prepared than you think. Your hesitation isn’t about skill. It’s about safety, trust and social conditioning.

Mostly Technical Boxes Checked:

You may benefit from learning or practicing specific skills, but confidence will still come through action, NOT before it.

A Mix of Both:

This is completely normal. Most women build emotional and technical readiness at the same time.



What Actually Builds Readiness?

Readiness doesn't come from waiting until fear disappears.

It comes from collecting small pieces of evidence that you can trust yourself.

Try One of These This Month:

- Take a solo day hike on a familiar trail
- Hike alone but choose a popular route
- Spend one night car camping close to home
- Practice setting up your gear alone
- Plan a trip, even if you don't go yet

You don't need to feel fearless to move forward.

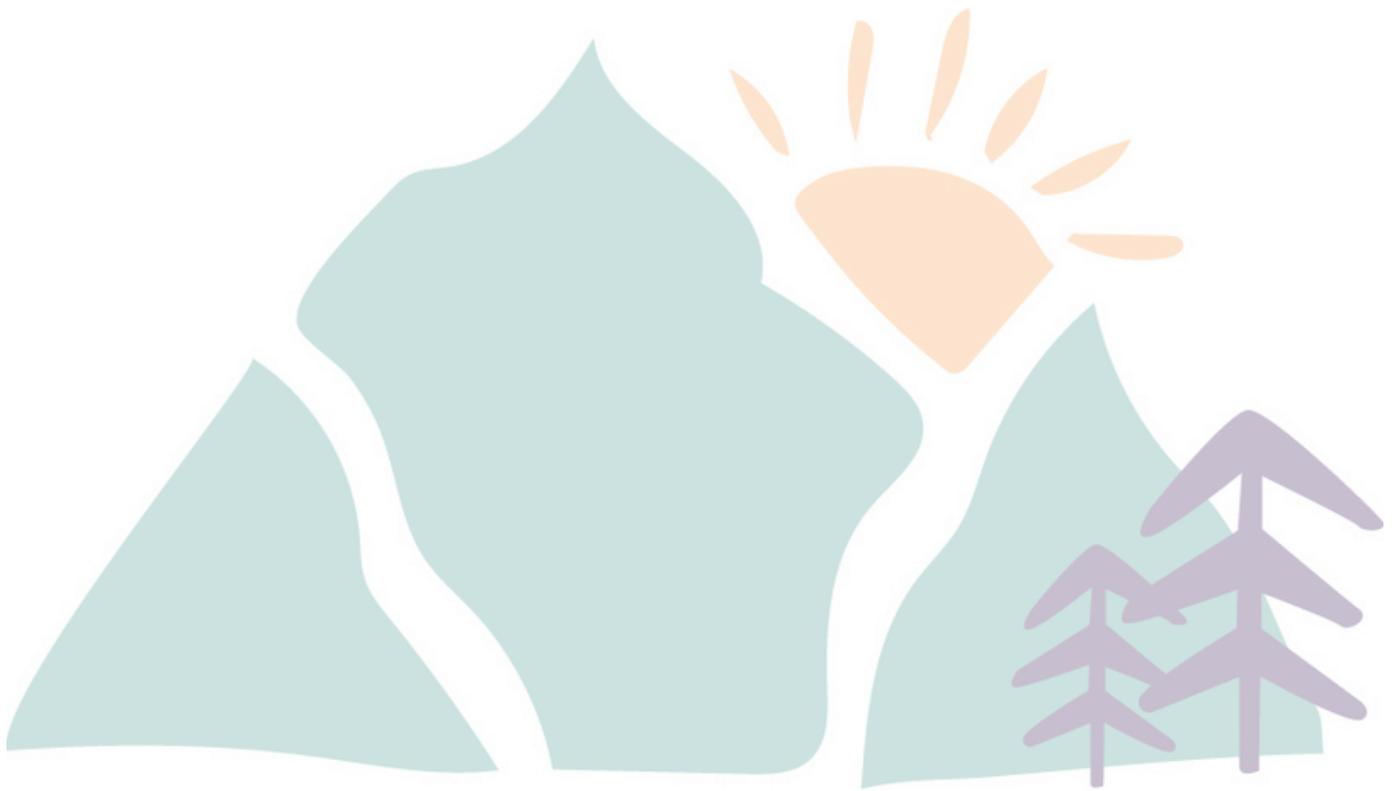
You just need one small experience that reminds you: *I can handle this.*



Want More Support?

If you're ready to go deeper and want guidance, community and structure as you build confidence backpacking solo, you might love my coaching program for women.

You don't have to figure this out alone.



Learn More About:

The Confident Solo Female Backpacker System

