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# 10 Tips for Detaching From the Grid—and Your Phone

It's time for a digital detox. Open your mind, pack lightly, and leave the iPad at home (or at least in your hotel room). Seem impossible? We have 10 tips for successfully (and safely!) going off the grid for a little while. Trust us, the world looks a lot better when it's not pixelated.

## 1. Unplug Your Expectations

Getting off the grid also means leaving the safety nets behind and, in my experience, usually means you run into more hiccups than following a more established plan. Be ready for anything.

## 2. Traveler, Know Thyself...

Do you really want to leave Wi-Fi behind? There's no shame in a yoga retreat that is *just meant for* Instagram, or in wanting to send those irresistible Viber fox stickers to your boo.

### 3. ...And Challenge Thyself

At the very least, try a one-day digital detox and see how you feel. You might even extend it to two days. Or twelve.

### 4. Research, Research, Research

Do your homework to make the trip as seamless as possible. Before traveling to Yelapa last year, I discovered that I would spend an hour in a tiny boat, then need to hike 15 minutes (over cobblestones) to get to my treehouse hotel—so I skipped the suitcase and brought a backpack.

### 5. Be Safe

Use the buddy system whenever possible and keep your passport, money, and phone on you. Traveling solo? Use [Kitestring](#) to keep people looped into your travel plans.

### 6. Get (Rosetta) Stoned

Getting off the grid also means you may stay in small towns where they may not speak your first language, of course. But try to nail down those basic travel phrases before you arrive so you can whip them out on the fly.

### 7. Catch New Zzzzs

Part of the fun of getting off the grid is trying out new accommodations. Skip the hotel and explore homestays, book a room on Airbnb, WWOOF it up. But build in at least one pampering night at a hotel at the end of your trip ([one of these](#) might do the trick).

### 8. Go Hands-On

Take a Balinese dance class in Ubud, try a singing lesson Vienna, or [tour a shoemaker's workshop](#) in Mallorca—it's age-old advice, but taking a class in the local culture is often the best way to understand a new place. And to pick up a new skill or two along the way.

### 9. Live Local

There are so many fun ways to connect with people in a new city these days. Prefer to eat your way to the heart of a culture? Try [EatWith](#), which allows home cooks around the world to invite you in for dinner. Want a truly local guide? [Vayable](#) and even the new Airbnb Experiences pair travelers with locals who have similar interests.

### 10. Be Mindful

Philippe Brown, founder of bespoke travel company [Brown + Hudson](#), always builds in down time for his travelers. After touring that temple in Cambodia, don't immediately rush to the next activity, he says. Find the best possible view of it and spend an hour sketching it—even if you're not an artist. It gives your brain time to rest and absorb the experience. From personal experience, I know that writing letters by hand while traveling has seared memories into my brain in a way that tweeting never has.

Want more ideas for getting off the grid? [Check out our guide!](#)

*Photo by Brian Adams*

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