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## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934  
or Section 30(h) of the Investment Company Act of 1940

☐ Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

☐ Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

|                                                                                               |                                                                                                                   |                                                                                                                                                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. Name and Address of Reporting Person*</p> <p><u>Strickland Scott R.</u></p>             | <p>2. Issuer Name <b>and</b> Ticker or Trading Symbol</p> <p><u>WYNDHAM HOTELS &amp; RESORTS, INC.</u> [ WH ]</p> | <p>5. Relationship of Reporting Person(s) to Issuer</p> <p>(Check all applicable)</p> <p>Director <span style="float: right;">10% Owner</span></p> <p>X Officer (give title below) <span style="float: right;">Other (specify below)</span></p> <p style="text-align: right;">Chief Commercial Officer</p> |
| <p>(Last) (First) (Middle)</p> <p>WYNDHAM HOTELS &amp; RESORTS, INC.</p> <p>22 SYLVAN WAY</p> | <p>3. Date of Earliest Transaction (Month/Day/Year)</p> <p>03/01/2026</p>                                         |                                                                                                                                                                                                                                                                                                            |
| <p>(Street)</p> <p>PARSIPPANY NJ 07054</p>                                                    | <p>4. If Amendment, Date of Original Filed (Month/Day/Year)</p>                                                   | <p>6. Individual or Joint/Group Filing (Check Applicable Line)</p> <p>X Form filed by One Reporting Person</p> <p>Form filed by More than One Reporting Person</p>                                                                                                                                         |
| <p>(City) (State) (Zip)</p>                                                                   |                                                                                                                   |                                                                                                                                                                                                                                                                                                            |

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) |   | 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) |            |        | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|----------------------------------------------------|--------------------------------|---|-------------------------------------------------------------------|------------|--------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------|
|                                 |                                      |                                                    | Code                           | V | Amount                                                            | (A) or (D) | Price  |                                                                                               |                                                          |                                                       |
| Common Stock                    | 03/01/2026                           |                                                    | A                              |   | 9,702 <sup>(1)</sup>                                              | A          | \$0    | 50,065 <sup>(2)</sup>                                                                         | D                                                        |                                                       |
| Common Stock                    | 03/01/2026                           |                                                    | F                              |   | 5,005 <sup>(3)</sup>                                              | D          | \$81.8 | 45,060 <sup>(2)</sup>                                                                         | D                                                        |                                                       |
| Common Stock                    | 03/01/2026                           |                                                    | A                              |   | 7,312 <sup>(4)</sup>                                              | A          | \$0    | 52,372 <sup>(2)</sup>                                                                         | D                                                        |                                                       |
| Common Stock                    | 03/01/2026                           |                                                    | F                              |   | 3,741 <sup>(5)</sup>                                              | D          | \$81.8 | 48,631 <sup>(2)</sup>                                                                         | D                                                        |                                                       |
| Common Stock                    |                                      |                                                    |                                |   |                                                                   |            |        | 30,919 <sup>(6)</sup>                                                                         | D                                                        |                                                       |

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned  
(e.g., puts, calls, warrants, options, convertible securities)**

| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transaction Code (Instr. 8) |   | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) |     | 6. Date Exercisable and Expiration Date (Month/Day/Year) |                 | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) |                            | 8. Price of Derivative Security (Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4) | 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) |
|--------------------------------------------|--------------------------------------------------------|--------------------------------------|----------------------------------------------------|--------------------------------|---|----------------------------------------------------------------------------------------|-----|----------------------------------------------------------|-----------------|-----------------------------------------------------------------------------------|----------------------------|--------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------|
|                                            |                                                        |                                      |                                                    | Code                           | V | (A)                                                                                    | (D) | Date Exercisable                                         | Expiration Date | Title                                                                             | Amount or Number of Shares |                                            |                                                                                                    |                                                           |                                                        |

**Explanation of Responses:**

1. Common stock acquired under the Issuer's 2018 Equity and Incentive Plan on vesting of previously-granted performance stock units which vested on March 1, 2026.
2. Represents shares of common stock.
3. Common stock withheld as payment of tax liability incident to the vesting of performance stock units granted in accordance with Rule 16b-3.
4. Common stock acquired under the Issuer's 2018 Equity and Incentive Plan on vesting of previously-granted restricted stock units which vested on March 1, 2026.
5. Common stock withheld as payment of tax liability incident to the vesting of restricted stock units granted in accordance with Rule 16b-3.
6. Represents restricted stock units.

## Remarks:

/s/ Paul F. Cash, as Attorney-in-  
Fact for Scott R. Strickland

03/03/2026

\*\* Signature of Reporting Person

Date \_\_\_\_\_

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.