Form 144 Filer Information

FORM 144

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

Form 144

NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information		
Filer CIK	0001738507	
Filer CCC	XXXXXXXX	
Is this a LIVE or TEST Filing?	● LIVE ◎ TEST	
Submission Contact Information		
Name		
Phone		
E-Mail Address		
144: Issuer Information		
Name of Issuer	WYNDHAM HOTELS & RESORTS, INC.	
SEC File Number	001-38432	
Address of Issuer	22 SYLVAN WAY PARSIPPANY NEW JERSEY 07054	
Phone	973-753-7791	
Name of Person for Whose Account the Securities are To Be Sold	Strickland Scott R.	
See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filling this notice.		
Relationship to Issuer	Officer	
144: Securities Information		
Title of the Class of Securities To Be Sold	COMMON	
Name and Address of the Broker	Merrill Lynch 194 Wood Ave S Iselin NJ 08830	
Number of Shares or Other Units To Be Sold	2850	
Aggregate Market Value	251046.00	
Number of Shares or Other Units Outstanding	77789308	
Approximate Date of Sale	11/05/2024	
Name the Securities Exchange	NYSE	

144: Securities To Be Sol	ld
Title of the Class	COMMON
Date you Acquired	02/27/2020
Nature of Acquisition Transaction	RSU Vesting
Name of Person from Whom Acquired	Issuer
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	398
Date of Payment	02/27/2020
Nature of Payment	RSU VESTING
note thereto the nature of the consideration	ment therefor was not made in cash at the time of purchase, explain in the table or in a given. If the consideration consisted of any note or other obligation, or if payment was ment and state when the note or other obligation was discharged in full or the last
144: Securities To Be Sol	ld
Title of the Class	COMMON
Date you Acquired	06/01/2020
Nature of Acquisition Transaction	RSU Vesting
Name of Person from Whom Acquired	Issuer
Is this a Gift?	□Date Donor Acquired
Is this a Gift? Amount of Securities Acquired	Date Donor Acquired 802
Amount of Securities Acquired	802
Amount of Securities Acquired Date of Payment Nature of Payment If the securities were purchased and full pay note thereto the nature of the consideration	802 06/01/2020
Amount of Securities Acquired Date of Payment Nature of Payment If the securities were purchased and full pay note thereto the nature of the consideration made in installments describe the arranger	802 06/01/2020 RSU Vesting ment therefor was not made in cash at the time of purchase, explain in the table or in a given. If the consideration consisted of any note or other obligation, or if payment was ment and state when the note or other obligation was discharged in full or the last
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RSU Vesting

Nature of Payment

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months	
Nothing to Report	
144: Remarks and Signature	
Remarks	
Date of Notice	11/05/2024

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature Scott Strickland

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)