

sense & sass



Travel Journal

Ignite your senses, add sass to your next adventure



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BUSINESS OVERVIEW

DESTINATION OVERVIEW

COUNTRY/STATE/CONTINENT:



MY DESTINATION OVERVIEW

CAPITAL:

LANGUAGE:

TIME DIFFERENCE:

CURRENCY:

ACCOMODATIONS

DESTINATION:

DURATION:

ARRIVAL:

DEPARTURE:

FLIGHT

HOTEL

TRANSPORTATION

PRE-TRAVEL CHECKLIST

DEADLINE DATE TO COMPLETE:

☐		☐	
☐		☐	
☐		☐	
☐		☐	
☐		☐	
☐		☐	
☐		☐	
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☐		☐	
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☐		☐	
☐		☐	
☐		☐	
☐		☐	

TRAVEL CHECKLIST

Documents

- ☐ Passport
- ☐ Boarding pass
- ☐ Driver's license
- ☐ Health insurance
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Toiletries

- ☐ Toothbrush + paste
- ☐ Deodorant
- ☐ Shampoo + conditioner
- ☐ Shaving supplies
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Electronics

- ☐ Phone + Charger
- ☐ Camera + Charger
- ☐ Laptop + Charger
- ☐ Travel adapter
- ☐ Headphones
- ☐
- ☐
- ☐
- ☐
- ☐

Health and beauty

- ☐ Hand sanitizer
- ☐ Sunscreen
- ☐ Makeup + remover
- ☐ Medications
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Clothes

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Others

- ☐ Sleeping mask
- ☐ Sunglasses
- ☐
- ☐
- ☐
- ☐
- ☐

FINAL TRAVEL CHECKLIST

Days before I leave

The day before I leave

Departure day

DAILY

DATE:

DURATION:

DESTINATION:

PLACES TO SEE:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

LOCAL FOOD TO TRY:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

NOTES

ITINEREARY

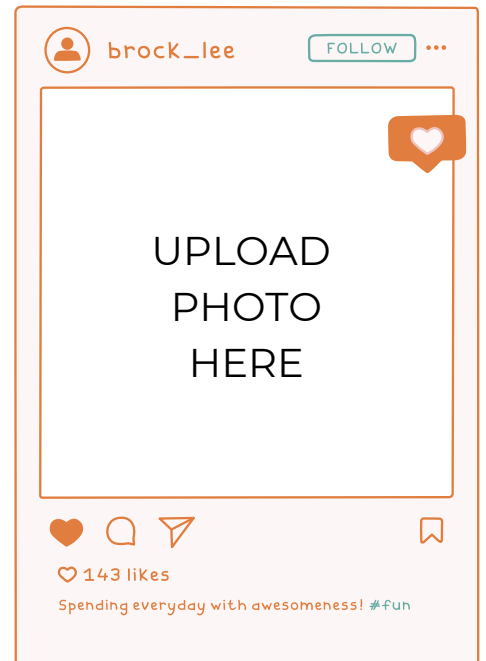
REFLECTIONS

DATE:

TODAY I SAW...



TODAY I ENJOYED...



TODAY I ATE...



MINDFULNESS CHECK-IN

Use the 54321 grounding exercise to help you focus on the present moment and tune in to what is happening around you.

5 THINGS I SEE

4 THINGS FEEL

3 THINGS I HEAR

2 THINGS I SMELL

1 THING I TASTE

5 MINUTE JOURNALING



- "Travel far enough, you meet yourself." - David Mitchell

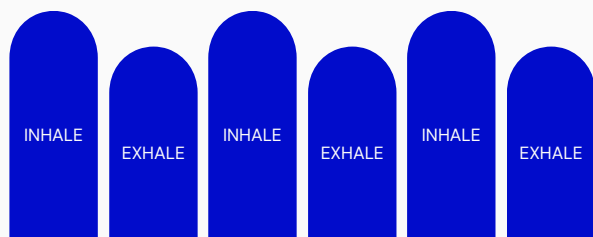
[illegible]

5 Minute Gratitude Journal

___/___/___

S M T W T H F S

Breath before writing



3 best thing about today

Things you're grateful today

*

*

*

*

*

Describe today in a drawing



Things that you learned

Today's Affirmation

TRAVEL BUDGET

DESTINATION	
-------------	--

TRANSPORTATION		
expenses	budget	actual
Total:		

ACCOMMODATION		
expenses	budget	actual
Total:		

FOOD & DRINK		
expenses	budget	actual
Total:		

NOTES

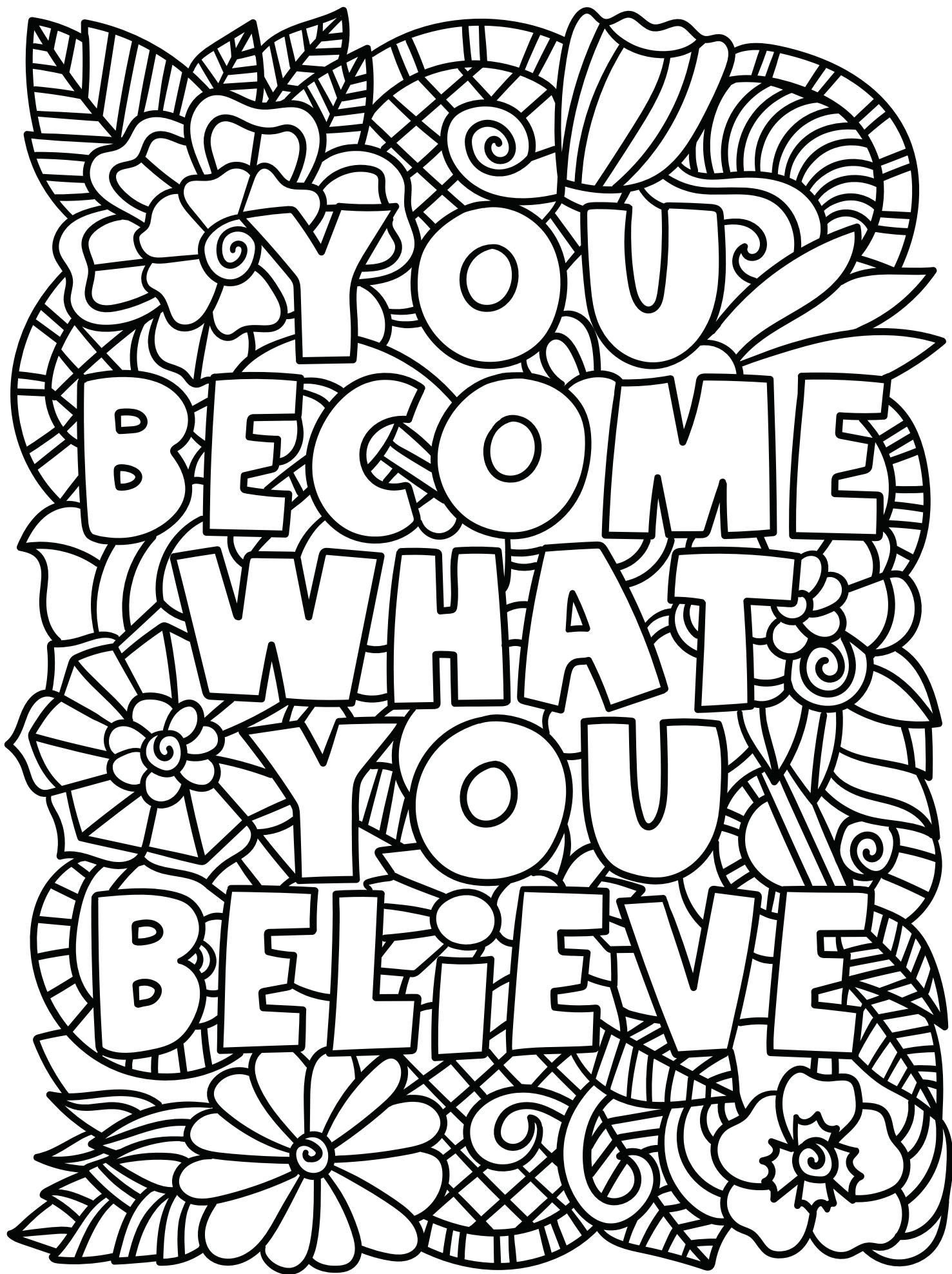
TRAVEL DATES	
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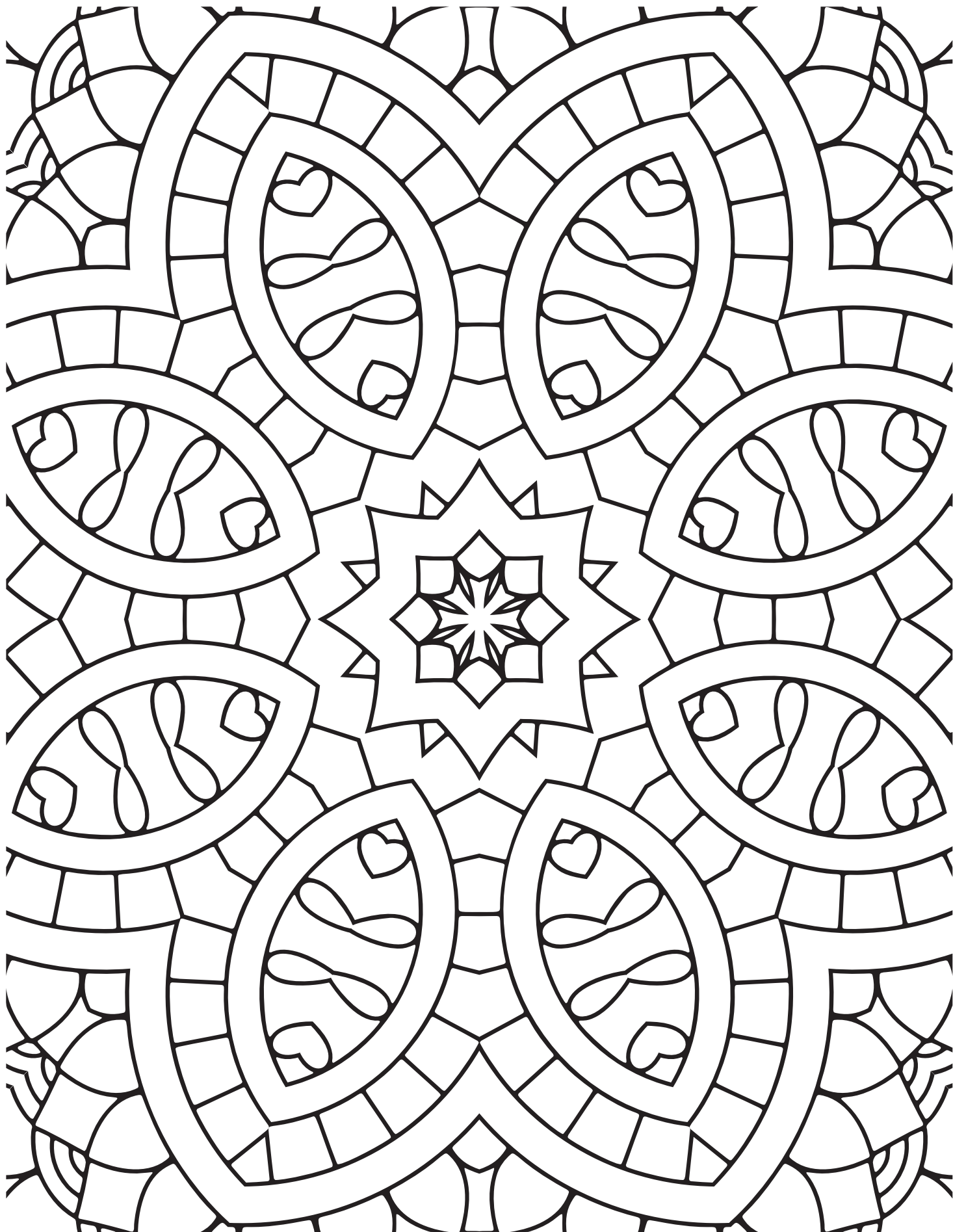
ACTIVITIES		
expenses	budget	actual
Total:		

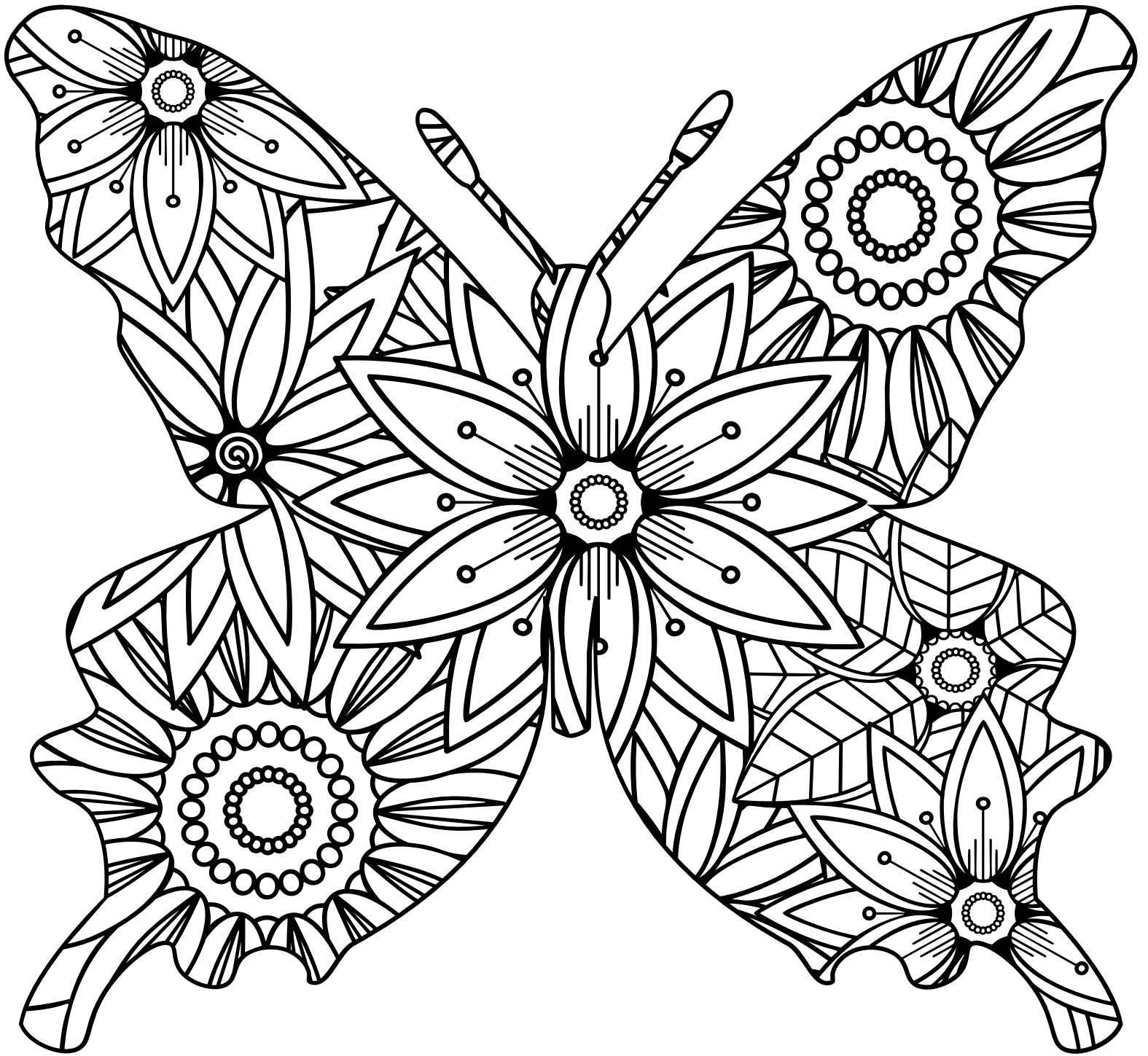
PRE-TRIP EXPENSES		
expenses	budget	actual
Total:		

OTHER		
expenses	budget	actual
Total:		

GRAND TOTAL	budget	actual











**EE A GOAL
WITHOUT
A PLAN
IS JUST
A WISH EE**

IN CASE OF AN EMERGENCY

NEAREST HOSPITALS

EMERGENCY NUMBERS

NON-EMERGENCY NUMBERS

NEAREST DOCTORS

DOCUMENTS

CONCIERGE CONTACT

SENSE & SASS

digital travel journal

ADVENTURES

Ignite your senses, add sass to your adventures.

Helping you book your dream vacation is our goal! Our team is well-versed in the fun and rigors of traveling. Sense & Sass Adventures was created to help you have a carefree travel experience from arrival to return. Let us help you create memories to last a lifetime!

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 **SenseandSassAdventures**

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