



T R A V E L



P L A N N I N G



G U I D E



TheTravelBite.com

INTRODUCTION

Thank you for subscribing to The Travel Bite! We are passionate about food and travel and are excited to share this ebook gift with you to help plan your next active culinary getaway.

In this ebook you'll find a budget planning worksheet, numerous packing lists, a check list for what to do leading up to your trip, and even more tips to help you plan.

If your idea of a fun time is going on a **cooking safari in Cape Town**, hiking through the rainforest to **harvest chocolate in Costa Rica**, or **dining at the number one restaurant in the world**, then we're kindred spirits. We have all sorts of adventures like that to share on TheTravelBite.com and we hope to inspire you to take that active culinary vacation you've been dreaming about.

Be sure to keep an eye out for our bi-weekly newsletter where we share even more tips, travel deals, and a few globally inspired recipes to temp your tastebuds and whet your appetite for travel.

Our goal is to get you out there exploring and tasting the world.

Let's get started!



Every great trip starts with a little daydreaming.



Where would you like to go? That is the first question. Before you can plan, you've got to know where you're headed. Take a moment to daydream a bit. If you could go anywhere in the world tomorrow, where would that be? What would you do? Take a moment to envision where you'd like to visit, then write down your top five destinations below.

1. _____
2. _____
3. _____
4. _____
5. _____





Grab a cup of coffee. Let's start planning.

First things first. Let's get your budget sorted out. The fun part about this exercise is that you'll be visualizing your perfect vacation spot the whole time. The practical part is that by the time you're done, you'll have a budget set and a time line to start counting down. Are you ready? Name your top dream destination below.

Destination: _____

Travel Date: _____

Now you're one step closer to being there! On the next two pages, we'll get your estimated budget and planning done. Then we've got a whole bunch of check lists to get you packing and on your way!



The “B” Word ... budget.



This doesn't have to be a painful process. In fact, it can be quite fun! We'll have your basic travel budget down in 5 easy steps. There's a worksheet on the next page to help you plan.



1. Take a quick trip over to Google and search for flights during the month you'd like to go. Jot that down in the sheet on the next page.

2. Next, search for the top recommended hotels in the area. TripAdvisor is a good start. We've also probably got a few notables on TheTravelBite.com too. ;) Write down their average rate on the worksheet. How many nights would you like to stay? Jot that down too.



3. What kind of transportation will you need? Is your dream destination a walkable city? Or is it an epic road trip? Take a look online at average airport taxi fares, train tickets, and/or rental car rates (go ahead now, splurge for that convertible). Write down what you estimate you'll want for the trip.

4. For food, I made it easy. I included an average per diem in the worksheet that you can use to calculate what you'll need per person. If your dream culinary adventure is conquering street foods in Thailand, you might not need that much. And if your idea of a tasty time includes the multi-course wonders of Michelin Star restaurants, then I'd double that per diem.



5. Finally, what activities would you like to partake in? Bicycling through vineyards? Cooking classes? Guided tours of cultural wonders? Include the cost of these escapades at the bottom of the worksheet.

Travel Budget Worksheet

Airfare	Cost Per Ticket	Number of People	Total Estimated Cost
Airline: _____ Website/Booking Info: _____ _____			
Accommodations	Cost Per Night	Number of Nights	Total Estimated Cost
Hotel: _____ Website/Booking Info: _____ _____			
Hotel: _____ Website/Booking Info: _____ _____			
Car Rental/Transportation	Cost Per Day	Number of Days or Per Person	Total Estimated Cost
Car Rental Company: _____ Website/Booking Info: _____ _____			
Airport Taxi or Shuttle Notes/Booking Info: _____ _____			
Train Tickets Website/Booking Info: _____ _____			
Food	Cost Per Day Per Person	Number of Days	Total Estimated Cost
Average Cost Per Day = \$75 **This could be less if you're a budget traveler, more if you want to splurge on some Michelin Stars			
Entertainment/Activities	Cost Per Person	Number of People	Total Estimated Cost
Websites/Booking Info: _____ _____			

Now, add up everything in the right hand column of the worksheet and add that number here:

Estimated Travel Cost: \$_____

Have that figure in your savings account or available on a credit card? Great! Book it! If not, we'll still get you there.

First, divide it by 6. Is that a monthly amount you could set aside? If so, there's your six month budget for your dream vacation.

Estimated Travel Cost ÷ 6 = \$_____
Six Month Savings Plan

Need a little bit more time? Divide that number by 12 for an annual budget. And if you're really splurging on a big bucket-list getaway, divide it by 24 to give yourself two years to save.

Next, time to start planning and packing!





What To Pack In Your Carry On

The key to arriving in your destination refreshed and rested is comfort. Whether you're flying in first class or economy, you'll want to bring along a few things that will get you into your comfort zone for a bit of relaxation and snoozing. Wear comfortable loose-fitting clothing and stuff a pair of compression socks in your bag that you can slip on during a long flight. This will keep your feet from swelling like sausages.

I also typically bring what I call an "Essential Comforts Kit" that includes a few miniature items that help make my flight feel more like a spa day. Depending on the length of the flight, I also might pack a neck pillow and an extra pair of cozy socks for warmth since it can sometimes get chilly at 30,000 feet. I know, neck pillows seem like a bulky extra to pack along. But being well rested when you arrive after a long flight makes it worth the hassle. The newest versions are made of a squishy memory foam so that you can conveniently stuff it into a small travel bag that will make it more compact and keep it clean.

I've included my carry on check list here to the right. One extra tip I'll give you is that next time you shop at a department store, don't ask if they have any "travel sized" items available (because they'll sell them to you). Instead, just ask for a few free samples of your favorite perfume, cologne, lotion, or face creams. These little things are perfect for travel and will make you feel pampered, even in tight spaces such as planes.

TIP! DRINK MORE WATER THAN YOU THINK YOUR BLADDER CAN HANDLE. KEEPING YOURSELF WELL HYDRATED WILL HELP WITH THE DRYNESS OF RECYCLED CABIN AIR AS WELL AS COMBAT JET LAG AND FATIGUE.

Carry On Kit CHECK LIST

- Small Vinyl or Water Proof Bag
- iPod and Earbuds
- Antibacterial Sanitizing Wipes
- Make-up Remover Face Wipes
- Rosewater Spray
- Hand Lotion
- Face Moisturizer
- Lip Balm
- Disposable Toothbrush
- Eye Drops
- Eye Mask and Ear Plugs
- Peppermint Essential Oil
- 2 Individually Packaged Tea Bags
- Mini Perfume or Cologne
- Vitamin C (Like Emergen-C)
- Nail File
- Empty Water Bottle
- Ibuprofen & Other Meds



What To Pack In Your Carry On

When packing the items on this list, be mindful of TSA regulations which currently state that liquids or gels must be in a 3.4 ounce container. You can double check the regulations before your flight by visiting www.tsa.gov.

One question I always get is, “Why bring your own eye mask, ear plugs and toothbrush? Don’t the airlines give you an amenity kit for long flights?” The answer is, sometimes. And not all amenity kits are created equal. For eye masks, I prefer the fancier ones that are contoured to your eyes so they don’t smooch your eyelashes or hug your face so tight that you get a headache. As for the toothbrush, toward the end of the flight the lines for the loo get pretty long, so if you have a disposable toothbrush you can freshen your choppers discretely at your seat and then dispose of it when the flight attendant comes around to collect garbage.

One last personal hygiene tip for girls, wear a panty liner for the flight. When you arrive, you can toss it out and instantly have a fresh pair of undies on since they were covered during the flight. When you first arrive to any destination that’s overseas, you might go an entire day before you can check-in to your hotel room and take a shower. All these little tips will help you feel more refreshed for your first day of exploring.

TIP! PURCHASE A CARRY-ON

FRIENDLY SIZED SPRAY BOTTLE AND FILL IT WITH ROSE WATER TO USE AS A REFRESHING FACIAL SPRAY. NOT ONLY IS IT HYDRATING FOR YOUR SKIN, BUT THAT EXTRA LITTLE SPRITZ OF MOISTURE ON YOUR FACE SEVERAL TIMES THROUGHOUT A FLIGHT WILL HELP KEEP YOUR SINUSES FROM DRYING OUT TOO. IT’S MY MUST-BRING ITEM ON PLANES. WITHOUT IT, I TEND TO GET NOSE BLEEDS FROM THE DRY CABIN AIR.

10 Tips For Packing



1. **EARTH TONES** — When it comes to colors and coordinating clothes, pick one or two base earth tones that you can use to easily mix and match the same pieces to make different outfits. I typically go with black and tan, or black and grey.
2. **LAY IT OUT** — Lay out all your planned outfits on your bed so you can visually see how much you are bringing and if you have at least one outfit for each type of occasion. Think warm weather, cool weather, rainy weather, casual, and dressy.
3. **TAKE ONE AWAY** — Once you have everything out, take two outfits away. I know, this might seem difficult. But trust me, you'll want some extra room for souvenirs and if you follow the mix and match rule, you'll have plenty to wear.
4. **ROLL IT UP** — The best way to ensure your clothes are wrinkle free when you arrive is to roll them instead of folding them.
5. **BAG IT UP** — Compartmentalize your clothes, either by outfit or type, by slipping them into clear gallon-sized storage bags. This will help you stay organized, will save you a bit of packing space since you can press the air out of the bag, and it will also keep your clothes clean if you're packing/unpacking in multiple destinations. I also bring an empty bag to stuff dirty laundry in. No need to buy expensive packing cubes, brands such as Ziplock work just fine.
6. **SCENT IT** — Stick a dryer sheet or lavender sachet in with the clear storage bags to keep your clothes smelling fresh. Make sure to add one to your empty dirty laundry bag too.
7. **TSA SIZES ARE GOOD, SERIOUSLY** — You really don't need more than 3.4 ounces of any bath products. Believe me, I've tested this size limit even on three week trips. This is such a packing space-saver and a good rule to follow even if you put your liquids in your checked luggage.
8. **LEAVE IT** — There are a few items you don't need to pack. This includes hair dryers, shampoo, sewing kits, and soap. Most hotels will have these, so only pack them if you must. For instance, I bring unscented soap since I'm allergic to most fragranced soaps. All the other stuff I leave at home.

Travel Medicine Pouch Packing List

Since I travel so often, this pouch stays in my suitcase ready-to-go. In a quart-sized toiletry or make-up bag, I keep one or two of each of the following. This is the medicine that works for me when I'm not feeling well, but you might have your own brands that you prefer so I've added a few empty spaces at the bottom for you to write in anything extra you might need to bring.

- Anti-Bacterial Hand Wipes
- Vitamin C Supplements (such as Airborne or Emergen-C)
- Ibuprofen
- Allergy Medicine
- Zicam or other zinc supplement
- Band-aids and Individually Packaged Alcohol Swabs
- Neosporin or other first aid salve
- Alka-Seltzer Cold Tablets
- DayQuil Cold & Flu Capsules
- NyQuil Cold & Flu Capsules
- Comforting Teas (chamomile, echinacea, peppermint, etc.)
- Loperamide (Antidiarrheal such as Imodium, etc.)
- Sore Throat Lozenges
- Ginger Chews
- Tissues
- Prescription Medication
- Eye Drops
- Disposable Spare Toothbrush & Toothpaste
- _____
- _____
- _____



Before You Go ...



Here are a few extra tips to help you prepare for your trip.

- Write down your passwords for your email and social media so that you'll be able to log in while away. Even though you might bring your own laptop and phone, most websites and apps have a security feature that will make you log in again when attempting to access them from a server in a different country.
- Download helpful travel apps to your phone or tablet such as currency conversion, Google translate, a world clock, or any destination specific guides.
- Contact your bank to let them know the dates you'll be away and the countries you'll be visiting. You'll need to do this in order for your credit and ATM cards to work, and an ATM is the best way to get the most current exchange rate with the lowest fee.
- Purchase travel insurance for your trip. I know at first this might seem like a waste of money, but you'll be glad you have it if your luggage is lost or if your flight gets delayed or canceled due to weather.
- Set up your email auto responder and voice mail for work to let coworkers and colleagues know that you'll be away.
- Download your favorite magazines and movies to your tablet to keep you entertained during a flight or long rides. I tend to love to watch movies that take place in the destination I'm visiting.
- Email yourself and an emergency contact a copy of your passport. Also, stick a photo copy of it in your suitcase.



Prep Your Home ...



1 – KEYS: Leave a spare key with a trusted friend or neighbor in case of emergencies. If you have a key rack by the door, remove those keys and hide them in a secure place that you'll remember. Just in case a criminal does break in, you don't want them driving away with your belongings in your own car.

2 – MAIL: If you're going to be gone for an extended period of time, have the post office hold your mail and other deliveries. There is a simple form you can fill out to request this at the post office, or you can do it online at [Holdmail.usps.com](https://www.usps.com/holdmail). If you forget, send a message to a trusted friend and ask them to collect your mail and look for any packages or deliveries that might be left at your door.

3 – JEWELRY: One big travel tip I always give is to never wear your fine jewelry while on vacation as it could get lost, stolen, accidentally left behind, or draw unnecessary attention. I also don't recommend leaving them at home out in the open on table tops and dressers while you're away as it will make it too easy for a burglar to see them, grab them, and run. Instead, store your valuables in a locked safe in your home. If you don't have a safe, definitely hide your precious jewelry and family heirlooms in a secure and inconspicuous place.

4 – ELECTRONICS: I typically travel with my laptop and camera, but I always have spare equipment that I leave behind. Rather than keeping smaller electronic items out on a desk or in plain view, I recommend also storing these in a safe or closet. When it comes to bigger electronics, such as your television, I unplug these in case of lightning or power surges while we're away. We do normally keep them plugged into surge protectors, but you can never be too safe.

5 – LIGHTS: Set your interior lights on timers to give the appearance that you're home. There are many hi-tech apps available now to control this from your phone, but a simple light timer from your local hardware store will also do the trick.

BONUS TIP: This one is less about safety and more about coming back to a pleasant smelling home, but as simple as it sounds, remember to take out the garbage and clean your kitchen sink and garbage disposal.



Thanks for reading and Happy Travels!

Be sure to look for our [newsletter](#) for additional tips. Also, we love hearing from our readers! If you've got any travel-related questions, feel free to email us at TheTravelBite@gmail.com.

ADDITIONAL RESOURCES

[How To Stay Connected With Wifi While Traveling](#)

[3 Ways To Survive A Long Flight](#)

[How To Overcome A Fear Of Flying](#)

[Tips For Keeping Your Stuff Safe While Traveling](#)

[8 Things I Always Forget To Pack](#)

[How To Pack For Travel During Cold & Flu Season](#)

[6 Practical Tips For Staying Healthy While Traveling](#)

