

The Stress-Less Travel Planner

Organise the essentials, reduce last-minute scrambling and leave enough space to actually enjoy the trip.

HOW TO USE IT

Plan what genuinely reduces stress: documents, bookings, money, transport, health essentials and a few priorities. Do not schedule every hour. A good travel plan creates confidence before the trip and flexibility during it.

1. BEFORE YOU BOOK

- ☐ Confirm travel dates and the amount of time you genuinely have.
- ☐ Check passport validity and destination entry requirements.
- ☐ Set a realistic trip budget, including a contingency amount.
- ☐ Decide your top priorities: rest, food, culture, nature, shopping, events or simply exploring.
- ☐ Check the season, weather and any major local holidays or closures.

2. BOOKINGS & DOCUMENTS

- ☐ Flights or other main transport confirmed.
- ☐ Accommodation confirmed and address saved.
- ☐ Airport or station transfer plan understood.
- ☐ Travel insurance arranged if appropriate for the trip.
- ☐ Important confirmations saved somewhere accessible offline.
- ☐ Emergency and essential contact details saved.

3. MONEY & CONNECTIVITY

- ☐ Payment cards checked for overseas use where relevant.
- ☐ Some local currency or an arrival cash plan prepared.
- ☐ Mobile data, roaming, eSIM or local SIM plan decided.
- ☐ Banking and authentication access considered before leaving home.

My three non-negotiables for this trip:

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Plan enough to feel prepared. Leave enough room to discover something unexpected.

4. PACK SMARTER

- ☐ Check the forecast again close to departure.
- ☐ Pack around actual activities rather than imaginary possibilities.
- ☐ Keep medication and essential items in your hand luggage where appropriate.
- ☐ Bring chargers, adapters and power essentials.
- ☐ Keep valuables and important documents secure and accessible.
- ☐ Leave some luggage space if you expect to shop.

5. YOUR SIMPLE ITINERARY

- ☐ Choose one or two priority experiences for each full day - not ten.
- ☐ Group activities by area to reduce unnecessary travel time.
- ☐ Note opening days, reservation requirements and time-sensitive attractions.
- ☐ Build in rest, meals and unscheduled time.
- ☐ Keep at least one flexible option for weather or mood changes.

Places / experiences I really do not want to miss:

Food / restaurants / local things I want to try:

6. THE DAY BEFORE

- ☐ Complete online check-in if available.
- ☐ Reconfirm departure time, terminal or station and transport to get there.
- ☐ Charge devices and power banks.
- ☐ Download useful maps, tickets or confirmations for offline access.
- ☐ Do one final passport, wallet, phone and essentials check.
- ☐ Then stop planning.

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If one booking changes or the weather ruins your plan, can you still enjoy the trip? **If yes, you have planned a journey - not a military operation.**