TRAVEL ITINERARY TEMPLATE

Plan Your Next Trip

A free fill-in planner. Print it or type into it.

Trip Overview

Destination _____

Start date _____

End date _____

Travelers _____

Home currency _____

Trip currency _____

Rate: trip currency per 1 home _____

Total budget (home currency) _____

Know before you go

Time difference vs home _____

Plug type _____

Emergency number _____

Hotel phone _____

Airline phone _____

Driver / transfer phone _____

Useful phrase _____

Useful phrase _____

Useful phrase _____

WEATHER

DAY	LOW	HIGH	RAIN?
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Shortlist

TYPE	NAME	AREA / CITY	PRIORITY	OPEN – CLOSE	COST	BOOKED?

Bookings & Confirmations

FLIGHTS

Airline / flight # _____

PNR · seat _____

Link · free cancel until _____

Airline / flight # _____

PNR · seat _____

Link · free cancel until _____

Airline / flight # _____

PNR · seat _____

Link · free cancel until _____

HOTELS

Hotel · conf. # _____

Check-in / out _____

Link · free cancel until _____

Hotel · conf. # _____

Check-in / out _____

Link · free cancel until _____

Hotel · conf. # _____

Check-in / out _____

Link · free cancel until _____

CAR RENTAL

Company · conf. # _____

Pick-up / drop-off _____

EMERGENCY CONTACTS

Name · phone _____

Name · phone _____

Name · phone _____

Day 1

Date: _____

MORNING

Where / map	Travel time	Open – close	Cost	Priority

AFTERNOON

Where / map	Travel time	Open – close	Cost	Priority

EVENING

Where / map	Travel time	Open – close	Cost	Priority

BUFFER / HOTEL BREAK

NOTES

Day 2

Date: _____

MORNING

Where / map	Travel time	Open – close	Cost	Priority

AFTERNOON

Where / map	Travel time	Open – close	Cost	Priority

EVENING

Where / map	Travel time	Open – close	Cost	Priority

BUFFER / HOTEL BREAK

NOTES

Day 3

Date: _____

MORNING

Where / map	Travel time	Open – close	Cost	Priority

AFTERNOON

Where / map	Travel time	Open – close	Cost	Priority

EVENING

Where / map	Travel time	Open – close	Cost	Priority

BUFFER / HOTEL BREAK

NOTES

Day 4

Date: _____

MORNING

Where / map	Travel time	Open – close	Cost	Priority

AFTERNOON

Where / map	Travel time	Open – close	Cost	Priority

EVENING

Where / map	Travel time	Open – close	Cost	Priority

BUFFER / HOTEL BREAK

NOTES

Day 5

Date: _____

MORNING

Where / map	Travel time	Open – close	Cost	Priority

AFTERNOON

Where / map	Travel time	Open – close	Cost	Priority

EVENING

Where / map	Travel time	Open – close	Cost	Priority

BUFFER / HOTEL BREAK

NOTES

Day 6

Date: _____

MORNING

Where / map	Travel time	Open – close	Cost	Priority

AFTERNOON

Where / map	Travel time	Open – close	Cost	Priority

EVENING

Where / map	Travel time	Open – close	Cost	Priority

BUFFER / HOTEL BREAK

NOTES

Day 7

Date: _____

MORNING

Where / map	Travel time	Open – close	Cost	Priority

AFTERNOON

Where / map	Travel time	Open – close	Cost	Priority

EVENING

Where / map	Travel time	Open – close	Cost	Priority

BUFFER / HOTEL BREAK

NOTES

Budget

	Planned	Spent	Left
Flights			
Accommodation			
Local transport			
Food			
Activities			
Shopping			
Other			
TOTAL			

SPENDING LOG

DATE	ITEM	CATEGORY	LOCAL	CCY	HOME	PAID BY

Packing List

DOCUMENTS & MONEY

- [ ] Keep a backup card and emergency cash apart from your wallet
- [ ] Leave your itinerary, emergency contacts and a passport copy with someone at home
- [ ] Wallet with ID, driver's licence, health insurance card and payment cards
- [ ] House and car keys, in your carry-on

CLOTHING

- [ ] Underwear ×8
- [ ] Socks ×6
- [ ] Tops ×6
- [ ] Trousers, skirts or shorts ×3
- [ ] Comfortable walking shoes
- [ ] Light layer (sweater or hoodie)
- [ ] Sleepwear
- [ ] One smart outfit and shoes for a dinner out
- [ ] Flip-flops or shower sandals
- [ ] Swimsuit
- [ ] Sunglasses
- [ ] Belt

TECH & ACCESSORIES

- [ ] Phone charger, with USB-C and USB-A cables
- [ ] Power bank, in your carry-on (never in a checked bag)
- [ ] Headphones or earbuds (noise-canceling for flights)
- [ ] Laptop or tablet and charger (if you bring one)
- [ ] Multi-port USB charger or short extension cord
- [ ] Camera with a spare battery and memory card

HEALTH & SAFETY

- [ ] Toothbrush, toothpaste and floss
- [ ] Toiletry bag: deodorant, shampoo and conditioner, body wash, razor
- [ ] Prescription medication and daily vitamins (with a copy of the prescription)
- [ ] Glasses or contacts, solution, eye drops and a spare pair (if you wear them)
- [ ] Hairbrush or comb, and hair products
- [ ] Face wash and moisturizer
- [ ] Makeup and makeup remover (if you wear it)
- [ ] Basic meds: pain relief, antidiarrheal, antacid, antihistamine, cold medicine
- [ ] Small first-aid kit
- [ ] Hand sanitizer
- [ ] Travel wet wipes
- [ ] Earplugs
- [ ] Sleep eye mask
- [ ] Lip balm with SPF
- [ ] Nail clippers, nail file and tweezers
- [ ] Period products (if you need them)
- [ ] Contraception (if you use it)
- [ ] Blister plasters and anti-chafe balm
- [ ] Sunscreen (SPF 30+)
- [ ] Perfume or cologne (if you wear it)
- [ ] Motion-sickness tablets or bands

GEAR & ACTIVITY

- [ ] Reusable water bottle
- [ ] Daypack
- [ ] Zip bags in a few sizes
- [ ] Packable tote or shopping bag
- [ ] Laundry bag for dirty clothes
- [ ] Luggage tags and a lock
- [ ] Packing cubes
- [ ] Small flashlight or headlamp

EXTRAS

- [ ] Snacks and gum for the journey
- [ ] Book or e-reader

Pre-Trip Checklist

- [ ] Check passport validity (6+ months beyond return)
- [ ] Apply for visa / entry authorisation if needed
- [ ] Book flights and note confirmation numbers
- [ ] Book accommodation for every night
- [ ] Buy travel insurance
- [ ] Arrange airport transfers
- [ ] Notify bank of travel dates
- [ ] Order local currency or check card fees
- [ ] Set up phone roaming or order an eSIM
- [ ] Check vaccination requirements
- [ ] Arrange pet / plant / house care
- [ ] Share itinerary with an emergency contact

DOCUMENTS

Passport · number · expires _____

Visa / entry authorisation · number · expires _____

Travel insurance · number · expires _____

Driving licence · number · expires _____

Vaccination card · number · expires _____

Memories

Day 1 · what we actually did

Highlight

Day 2 · what we actually did

Highlight

Day 3 · what we actually did

Highlight

Day 4 · what we actually did

Highlight

Day 5 · what we actually did

Highlight

Day 6 · what we actually did

Highlight

Day 7 · what we actually did

Highlight

NOTES FOR NEXT TIME

Want it already filled in?

Tap through 8 quick cards and the itinerary writes itself: activities with times and costs, budget, food guide. Planning a trip is free, for now, and needs no account. Every day is free to read and edit. A one-time $0.99 Trip Pass gets the downloads of that trip to keep offline.

monkeyeatingmango.com: generate my itinerary