

Your travelguide



STEP BY STEP TO A RELAXED AND
WELL-ORGANIZED TRIP

*This e-book is made for everyone who wants to plan their trip with
peace, fun and freedom. Enjoy reading!*



Introduction

You probably know the feeling: you book a ticket, start scrolling through Pinterest or TikTok for inspiration... and suddenly you're lost in endless lists, must-sees, and travel tips. Sounds fun — but it can also be overwhelming. What if you miss something? Or plan too much?

That's exactly why I wrote this e-book. Not to overload your trip with to-do's, but to help you plan smarter — with more space for freedom, rest, and adventure. Because good planning doesn't mean strict schedules. It means traveling with confidence, knowing what you truly want.

I'm Melissa, founder of Wander Journals, and I'm in love with travel, lists, and discovering new places — from jungles to street food markets. Over the years, I've found ways to plan trips without stress and with more joy. Now I want to share those with you.

Whether it's your first solo trip or your tenth backpacking adventure, this e-book will guide you step by step in planning your dream trip — filled with practical tips, examples, and helpful tools. So you can take off feeling calm and excited.

Ready? Let's plan your adventure

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01 Choose a destination

(That really suits you)

A great trip doesn't start with booking a ticket — it starts with asking yourself the right questions. If you know what you're looking for, choosing becomes easier — and more fun. In this chapter, we'll help you find a destination that truly fits you.

Don't just follow Instagram trends or go where 'everyone' is going. A destination can be amazing — if it matches your vibe. Maybe you'll thrive in wild nature, or get energized by wandering through cities where no one speaks your language.



What are you looking for in a trip?

- Do you want peace and quiet or adventure?
- Are you looking for sun, snow, nature, culture or something in between?
- Do you like to explore a lot, or do you prefer staying at one spot?
- Are you travelling alone, with a friend, or with a group?

Be honest with your answers. You don't need to fit in a box — but clarity helps. It prevents you from choosing a trip that looks great on the outside, but doesn't feel right inside.

Types of travel

- 1 Slow travel: staying in one place and really getting to know your surroundings
- 2 Backpacking: see a lot in a short time. Ideal for explorers who like movement
- 3 Beach & Relaxation: recharge completely. Nothing wrong with doing nothing!
- 4 City trips: culture, food, architecture – often accessible and shorter

Tip: Listen to your gut. What destination brings a smile to your face? That first instinct is usually right.

In the next chapter, I'll help you make your dream trip financially and practically possible.



02

Budget & Travel Time

How do you make it feasible?

A dream trip doesn't have to break the bank. With the right preparation, you can experience more than you think — even on a smaller budget. This chapter helps you budget smartly and choose the best time to travel, making your trip both beautiful and achievable.

Start by setting your total budget. How much can you spend on this trip? Work backwards to calculate daily budgets for transport, accommodation, food, and activities. Use a simple Excel sheet or apps like TravelSpend or Trail Wallet.

Example daily breakdown:

Accommodation: €30

Food & drinks: €20

Activities & transport: €25

Total: €75 per day

Tips to save money:

- Book flights early or use Skyscanner with flexible dates.
- Stay in hostels, guesthouses, or local spots.
- Travel outside peak season: cheaper and quieter.
- Eat local or cook for yourself.

Best time to travel: don't just check the weather — also look at crowds. Traveling just after peak season can still offer great weather and fewer tourists.

Also, stay open to surprise deals. Sometimes a cheap flight pops up to a place you hadn't considered — and it might be the best trip yet.

Next chapter: let's plan your daily route — without overplanning it.



03

The perfect route

how to plan day by day without overplanning

Now that you know where you're going and how much you can spend, it's time to map out your route. You don't need to plan every hour — just build a structure that gives you both peace and freedom.

Start by dividing your days. How many do you have in total? What places do you want to visit? Try not to squeeze in everything. Fewer stops with more time in each place is usually more enjoyable.

Route planning tips:

- Limit to 3 location changes per week for a relaxing pace.
- Use Google Maps and Rome2Rio to estimate travel times.
- Leave 1–2 'free' days for spontaneity or rest.
- Account for jet lag and long travel days if going far.

Use a visual schedule, Excel, or Google Sheets to stay organized. And remember: it's **your** trip. If you feel like staying longer in one place — do it. Next up: what to pack (and what to leave behind).

04

What to take with you? (and what not)

One of the most common travel dilemmas: what should I bring? Less is usually more. Smart packing means thinking in functions and leaving space for surprises along the way.

Basics for every trip:

- ✓ Passport, debit/credit card, travel insurance (check coverage!)
- ✓ Universal adapter, chargers, power bank
- ✓ Comfortable shoes/slippers
- ✓ Light layered clothing + rain jacket
- ✓ Toiletries (solid soap, minis, sunscreen, etc.)

For backpacking trips:

- ✓ Packing cubes
- ✓ Quick-dry towel
- ✓ Sleeping sheet or light sleeping bag
- ✓ Laundry bag

What you can leave at home:

- ✗ Too many clothes (washing on the go is easier than you think)
- ✗ Heavy books (download e-books or audiobooks)
- ✗ Expensive jewelry or unnecessary gadgets

05

Tools and apps that make your journey easier



There are so many handy tools and apps that can make your trip smoother. These are my favorites — all tested and loved during my travels.

Navigation & routes:

- Google Maps (download offline maps!)
- Rome2Rio (for public transport connections worldwide)
- Maps.me (works well offline in remote areas)

Overnight stays & planning:

- Booking.com or Agoda
- Hostelworld (for backpackers)
- Google Drive or Notion (for your itinerary)

Budget & money:

- Revolut or Wise for international banking
- TravelSpend or Trail Wallet for expense tracking

Travel inspiration & capture:

- Polarsteps (travel diary & route recording)
- Pinterest or TikTok (for tips and visual inspiration)

Don't try to use everything at once – choose what works for you. For example, if you prefer to plan everything on paper: that's perfectly fine. Tools are there to help you, not to overwhelm you.

You've reached the end of this e-book — I hope you're now feeling more confident and inspired to plan your dream trip in a way that truly fits you. Remember: planning isn't a limitation — it's a way to create space for freedom. Whether you're following a schedule or leaving things open: if it feels right, it's well planned.

Here are a few personal tips from me:

- Trust your gut — if something doesn't feel right, you don't have to do it.
- Bring something from home that gives you peace — a small journal, a piece of jewelry, a comforting memory.
- Leave room for magic, because the most beautiful moments are often unexpected.

And above all: your trip doesn't have to be perfect. You don't have to see or do everything. What matters most is how you feel — and that can be different every day.

I wish you an unforgettable journey, filled with moments that make you feel wonder, freedom, and completely yourself.

Want more tips, inspiration, or just to travel along with me? Follow me on Instagram or TikTok at [@wanderjournals_](https://www.instagram.com/wanderjournals_), or visit my website www.wanderjournals.com.

See you soon — and happy travels 🌍

LOVE, MELISSA

