FolarraStudio

Solo Travel Planner

go · grow · discover

UNDATED · PRINTABLE · ITINERARY, BUDGET & PACKING

This Planner Belongs To

for trips worth remembering

NAME _____

TRIP _____

DATES _____

TRAVELING WITH _____

BUDGET _____

How to use this planner

- Print the whole planner once, then print extra copies of the pages you use most, such as the Trip overview and Itinerary pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Fill in the overview first, then plan each day.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My travel word for this year

Why I love to travel

Contents

tap a title in the digital planner to jump to it

Trip overview 4

Itinerary 5

Day plan 6

Bookings 7

Budget 8

Packing list 9

Safety 10

Check ins 11

Journal 12

Memories 13

Notes 14

Thank you & terms of use 15

Trip Overview

the big picture

DESTINATION _____ DATES _____

STAY _____ BUDGET _____

Must-do list

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Notes

Itinerary

day by day

DAY	DATE	WHERE	PLANS	BOOKED
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐

Day Plan

one day per page

DAY _____ DATE _____

WHERE _____ WEATHER _____

Plans

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Food

Bookings

Memories

Bookings

travel, stays & tickets

TYPE	DETAILS	DATE	CONFIRMATION	PAID
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐

Trip Budget

plan it, track it

CATEGORY	BUDGET	SPENT	NOTES
Transport			
Stays			
Food			
Activities			
Shopping			
Insurance			
Other			
Total			

Packing List

pack once, pack well

Clothes

- [ ] Tops
- [ ] Bottoms
- [ ] Layers
- [ ] Sleepwear
- [ ] Shoes
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Tech

- [ ] Phone & charger
- [ ] Power bank
- [ ] Adapter
- [ ] Headphones
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Toiletries

- [ ] Toothbrush
- [ ] Skincare
- [ ] Medicines
- [ ] Sunscreen
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Documents

- [ ] ID / passport
- [ ] Tickets
- [ ] Insurance
- [ ] Cards & cash
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Solo Safety Plan

travel smart

Before

- [ ] Share itinerary
- [ ] Copies of documents
- [ ] Emergency numbers
- [ ] Insurance

On the road

- [ ] Check in daily
- [ ] Know your route
- [ ] Trust your gut

Stays

- [ ] Read reviews
- [ ] Lock valuables

Check-In Log

tell someone you are safe

DATE	WHERE	TOLD	NOTES

Solo Journal

one day per page

DATE _____ PLACE _____

What I did

Who I met

What I learned about me

Trip Memories

the best bits

Favorite moment

Best food

People we met

Next time

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this planner leads you to wonderful places. If you enjoy it, tell a friend about folarrastudio.com.

Terms of use

- For personal use. You may print as many copies as you need for yourself and your family.
- Please do not resell or upload the files elsewhere. To share, send the link to folarrastudio.com.
- Colors may look slightly different on screen and on paper.
- Questions or ideas? Write to me through folarrastudio.com, I am happy to help.

Find more free planners at folarrastudio.com