SOUTHERN AFRICA

Travel Journal

Road trips · Camping · Self-catering



Wish you were here...

NAME

Farm stalls and padkos stops

Pies, rusks and biltong

NAME	TOWN / ROAD	TRY THE...

Restaurants and coffee

Worth the detour

NAME	TOWN	TRY THE...

Places to return to

Next time

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Recommended by others

Tips from friends and fellow campers

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THIS JOURNAL BELONGS TO

CONTACT

Mobile

Email

IN CASE OF EMERGENCY

Contact person

Phone

DOCUMENTS AND COVER

Passport expiry

Driver's licence expiry

Vehicle registration

Licence disc expiry

Medical aid and number

Travel insurance

Roadside assistance

Keep copies of important documents in a separate place from the originals.

If found, please return to the owner. Thank you!

Vehicle check

Road-trip ready

BEFORE YOU GO

- [ ] Service is up to date
- [ ] Tyre tread and pressure, including the spare
- [ ] Jack, wheel spanner and locknut key
- [ ] Oil, coolant and brake fluid
- [ ] Windscreen washer water
- [ ] Wipers and all lights work
- [ ] Battery in good condition
- [ ] Licence disc valid
- [ ] Warning triangle and fire extinguisher
- [ ] Trailer or caravan: lights, tyres, hitch and safety chain
- [ ] Roof rack and load tied down
- [ ] Tow rope or recovery kit for gravel and sand

ON THE ROAD

- [ ] Fill up before long empty stretches: fuel stops can be far apart
- [ ] Adjust tyre pressure for gravel or sand, and pump up again for tar
- [ ] Take a break every two hours
- [ ] Watch for animals and livestock on the road, especially at dawn and dusk
- [ ] Avoid driving at night where possible

ODOMETER

Start End

NOTES

Staying safe

On the road and at camp

ON THE ROAD

- Share your route and expected arrival time with someone at home.
- Plan to arrive before dark.
- Keep valuables out of sight, and doors locked at stops and in traffic.
- Keep the tank above a quarter, and carry drinking water and snacks.

AT CAMP

- Lock valuables away at night.
- Keep food sealed and out of reach of monkeys and baboons, and never feed wildlife.
- Find out where the nearest help is when you arrive.
- Put fires out completely before bed or leaving.

IN PARKS AND WILD AREAS

- Stay in your vehicle except at marked spots.
- Keep to speed limits and gate times.
- Give animals plenty of space, and never get between a mother and her young.

HEALTH

- Check if you are going to a malaria area, and see a doctor or travel clinic before you go.
- Drink plenty of water in hot weather.
- Use sunscreen, a hat and insect repellent.

BORDERS

- Check border post opening hours before you set off.
- Carry passports, vehicle papers and any permits you need.
- Keep copies of documents separate from the originals.

How it works

Print only what you need

1 ***This journal*** **PRINT ONCE**

Your travel record: map, bucket list, trip index, people and places, vehicle check, safety and first aid.

2 ***Trip kit*** **ONE PER TRIP**

Ten pages: cover, route plan, bookings, meal plan, groceries, budget, fuel log, keepsakes and a trip review. Choose from six cover photos.

3 ***Day pages*** **ONE SHEET PER DAY**

Planning on the front, journal on the back. A weekend away needs 3 sheets, a three-week trip needs 21. Write in the day and trip numbers.

4 ***Packing lists*** **FRESH FOR EACH TRIP**

Caravan and camping (what to pack, and what stays packed to check), self-catering accommodation, and documents, day bag and leaving home.

PRINTING TIPS

- Print the files that match your paper (A4, A5 or US Letter) at actual size (100%), double-sided, flipping on the long edge.
- The wider inner margin leaves room to punch holes for a ring or disc binder.
- Long trip? Print the route plan or meal plan page from the trip kit again (pages 2 and 4).
- Keep each trip together: trip kit first, then the day pages in order, then the review.

Travel bucket list

Places I want to see

1 ○
2 ○
3 ○
4 ○
5 ○
6 ○
7 ○
8 ○
9 ○
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18 ○
19 ○
20 ○

Tick the circle when you have been.

Basic first aid

Quick reminders

Get help first. These notes are reminders, not training. A first-aid course before a big trip is well worth it.

Bleeding

Press firmly on the wound with a clean pad or cloth and keep pressing. Raise the injured part if you can. Get medical help if bleeding is heavy or won't stop.

Burns

Cool under cool running water for at least 20 minutes. Remove rings or tight items nearby. Cover loosely with cling film or a clean non-fluffy dressing. No ice, butter or creams, and don't burst blisters.

Snakebite

Keep the person calm and as still as possible. Remove rings, watches and shoes near the bite. Don't cut, suck or use home remedies. Get to hospital fast and note the time of the bite. Don't try to catch the snake. Venom in the eyes: rinse with plenty of clean water, don't rub, and see a doctor.

Ticks

Remove with fine tweezers, gripping close to the skin, and pull out steadily. If fever, headache or a rash follow in the next two weeks, see a doctor and mention the bite.

Heat

Move to shade, loosen clothing, sip water and cool the skin with damp cloths. Confusion, very hot skin or collapse can mean heatstroke: get emergency help.

Stings

Scrape a bee sting out sideways and use a cold compress. Swelling of the face or lips, or trouble breathing, is an emergency.

Not responding

Call for emergency help. If the person isn't breathing normally, start CPR if you are trained.

First-aid kit

and emergency numbers

FIRST-AID KIT

- [ ] Plasters
- [ ] Sterile dressings
- [ ] Crepe bandages
- [ ] Triangular bandage
- [ ] Medical tape
- [ ] Disposable gloves
- [ ] Antiseptic
- [ ] Fine-tipped tweezers
- [ ] Scissors
- [ ] Pain and fever tablets
- [ ] Antihistamine
- [ ] Rehydration sachets
- [ ] Saline or eye wash
- [ ] Thermometer
- [ ] Emergency blanket
- [ ] Personal medicines

EMERGENCY NUMBERS

COUNTRY	POLICE	AMBULANCE	OTHER
South Africa	10111	10177	112 from a mobile

Look up the numbers for each country before you cross a border.

MY NUMBERS

Roadside assistance _____

Medical aid emergency _____

Travel insurance _____

Nearest hospital _____

Where I've been

Colour in as you go



Shade the countries you visit, and mark parks, towns and favourite campsites with a dot.

FAVOURITE PLACES SO FAR

_____

_____

_____

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_____

Travel year

Undated · fill in each year

MONTH	TRIPS AND PLANS	HOLIDAYS / BOOK BY
Jan		
Feb		
Mar		
Apr		
May		
Jun		
Jul		
Aug		
Sep		
Oct		
Nov		
Dec		

Popular campsites and parks fill up fast in school holidays: note when to book.

Notes

Trip ideas

Someday soon

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Gear wish list

To buy or borrow

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Trips at a glance

Your travel index

TRIP	WHERE	DATES	NIGHTS	KM

Number each trip kit to match this list.

People I met

Fellow travellers and friendly faces

NAME	WHERE WE MET	CONTACT



Every road has a story. Write yours down.

An undated travel journal for people who travel often: plan the route, book the campsites, sort the meals and the budget, then keep a daily record of where you went, what you saw and who you met.

- A trip kit for every trip
- Self-catering meal plans
- Packing and vehicle checklists
- Route plans, bookings and permits
- Budgets and a fuel log
- Safety tips and basic first aid

Undated travel journal · Southern Africa

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Favourite stays

Campsites, cottages and lodges

PLACE	AREA	RATING	NOTES