SOUTHERN AFRICA

# *Travel Journal*

Road trips · Camping · Self-catering



*Wish you were here...*

NAME

# Travel Journal

Road trips · Camping · Self-catering



## 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!*

# *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 ○
10 ○
11 ○
12 ○
13 ○
14 ○
15 ○
16 ○
17 ○
18 ○
19 ○
20 ○

Tick the circle when you have been.

# *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

# *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.

# *Trips at a glance*

Your travel index

| TRIP | WHERE | DATES | NIGHTS | KM |
|---|---|---|---|---|
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Number each trip kit to match this list.

# *People I met*

Fellow travellers and friendly faces

| NAME | WHERE WE MET | CONTACT |
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# *Favourite stays*

Campsites, cottages and lodges

| PLACE | AREA | RATING | NOTES |
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## *Farm stalls and padkos stops*

Pies, rusks and biltong

| NAME | TOWN / ROAD | TRY THE… |
|---|---|---|
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## *Restaurants and coffee*

Worth the detour

| NAME | TOWN | TRY THE… |
|---|---|---|
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## *Places to return to*

Next time

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## *Recommended by others*

Tips from friends and fellow campers

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# *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.

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

## MY NUMBERS

Roadside assistance _____

Medical aid emergency _____

Travel insurance _____

Nearest hospital _____

# *Notes*

## *Trip ideas*

Someday soon

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## *Gear wish list*

To buy or borrow

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# *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
- Route plans, bookings and permits
- Self-catering meal plans
- Budgets and a fuel log
- Packing and vehicle checklists
- Safety tips and basic first aid

Undated travel journal · Southern Africa

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