

DOCUMENTING THE TRIP



For this adventure I took an A5 lined notebook and intended to capture everything along the way, whether it was a funny quote I heard Stella say or a brochure map of a Disney Park. I actually had much success with this simple approach and the only thing I might possibly change next time is take an even smaller journal and less supplies!

That being said, there are a few tips I can give you regarding this documentation process that would hopefully serve you well to know before you go.



TOP TIPS for documenting trips



- Make an “IDEAS” cover page for all those clever journaling thoughts that might pop up during your trip. An even better tip is to write them down straight away! Great ideas are notoriously easy to forget...
- If you can, take a journal cover with pockets and elastics so you'll have a great place to keep ephemera
- Take a few loose leaf pieces of paper (or printable prompt cards) to work on outside of your journal for all those times when being in your journal is not super easy - like stamping at the Traveler's Factory store. I know that's a very Japan specific situation, but sometimes it just helps to have a quick piece of paper.
- A plastic journal cover is a great place to stick adhesive labels and stickers/tapes you want to reuse.
- As far as “what to write” when you're documenting, my rule of thumb is to jot down anything that is likely to slip my mind and I might forget. For instance - certain meals, quotes, prices, feelings in the moment, specifics about weather and memories triggered by nostalgia. It's not the end of the world if you forget a few things, but checking in with your journal often on your trip is a good habit to get into.
- Keep each day separate. Even if you're not going to complete your finished journal chronologically I think it still helps to keep your thoughts categorized like this.
- Make little drawings/doodles. Keep the back of these pages blank so you can cut them out and merge them into your finished journal if you want to.
- Get your travel partner/s to share their perspective with you. You can make them a page to fill out or use the printable prompt PDF's in this section. Not only is it interesting to see what they're seeing, but a new perspective can also enhance your own travel experience.



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