



TRAVEL BUDGET & BACKUP PLAN

Estimate costs. Keep quotes. Prepare a reserve.

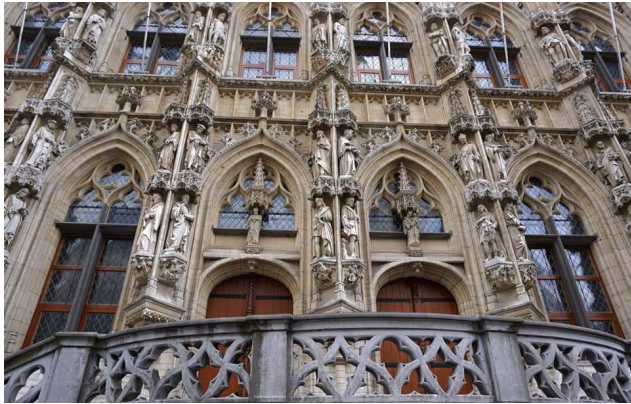
EXPLORETRAVELER PRINTABLE WORKBOOK

JOHN J. GENTRY, SR.



More experience, less rush

Ideas from our travel archive, with a practical prompt beside each scene. Use the original worksheets and chapters to turn inspiration into a plan.



LEUVEN, BELGIUM

A town at walking pace

Choose an area to explore on foot. Note transport to the start, a meal budget and one alternative if plans change.



PENANG, MALAYSIA

Make room for local food

Pick one food stop to research. Record ingredients you want to ask about and the amount you are comfortable spending.

1**Choose one priority****2****Check the details****3****Save an offline note**

MY NEXT STEP

Travel Budget & Backup Plan

Five practical worksheets to calculate costs using your own quotes, allow for fees and uncertainty, and prepare a sensible reserve.

Your trip snapshot

Destination(s): _____

Travelers: _____ Nights: _____ Currency: _____

Departure dates or season: _____

Three numbers to track

Fixed costs: airfare, insurance, documents, major transfers and pre-booked activities.

Variable costs: lodging, meals, local transport and activities per day or night.

Reserve: money set aside for disruptions, exchange-rate changes and emergencies.

How to use this guide

- ☐ Record real quotes and the date you checked them.
- ☐ Include taxes, luggage fees and payment charges.
- ☐ Keep your emergency reserve separate from optional spending.

Illustrations and blank fields are planning aids, not live prices or financial advice.

1 / One-time and fixed costs

Expense	Your current estimate
Flights / intercity travel	_____
Travel medical / other insurance	_____
Visas / entry / documents	_____
Baggage / equipment	_____
Airport transfers	_____
Prepaid tours / deposits	_____
Other fixed costs	_____

Fixed-cost subtotal: _____

Remember to check

- ☐ Taxes, luggage and seat-selection fees.
- ☐ Cancellation and change rules.
- ☐ Insurance exclusions and claim requirements.
- ☐ Whether prepayments are refundable.

2 / Daily and nightly costs

Expense	Your estimate
Lodging per night × nights	_____
Food per person/day × people × days	_____
Local transport per day × days	_____
Activities per day × days	_____
Data / laundry / incidentals	_____

Variable-cost subtotal: _____

Total before reserve = fixed + variable: _____

Be precise

A five-night trip may involve six calendar days of food or transport. Record the actual number of chargeable days for each category instead of applying one multiplier blindly.

- ☐ Confirm whether accommodations charge per room or person.
- ☐ Include local taxes, cleaning and resort fees.
- ☐ Check the currency and exchange rate used.

3 / Contingency and affordability

Choose a reserve based on your own risk tolerance, destination, trip length, flexibility and insurance. No single percentage works for every traveler.

Reserve you want to hold aside: _____

Planned trip total = fixed + variable + reserve: _____

Already paid: _____

Amount still needed: _____

Stress-test your plan

- ☐ What if the return trip is delayed?
- ☐ What if you need a replacement phone or documents?
- ☐ What if one payment card stops working?
- ☐ Who could help if you lost access to the internet?

Decision

I can afford this plan without using emergency funds needed at home: YES / NO / REVIEW

My first cost-saving change: _____

4 / Offline backup plan

Local emergency number: _____

Trusted contact at home: _____

First lodging address: _____

Insurer / assistance number: _____

Backup payment method: _____

Offline map and important documents saved: YES / NO

Travel resources

[ExploreTraveler free downloads](#) | [Original travel tips](#)

For current country advisories and health guidance, use official government sources before departure.

© 2026 ExploreTraveler / GenTek Holdings LLC. Share this complete free PDF intact with attribution. Research-based printable English edition, October 2026. No guarantees of price, savings, entry or safety.