

TRAVEL READINESS CHECKLIST



DEFINE YOUR TRAVEL PURPOSE

- ☐ Reflect on why you're traveling right now – healing, adventure, personal growth, etc.)
- ☐ Identify what you hope to gain from your trip: new perspectives, relaxation, self-discovery

EMOTIONAL AND MENTAL READINESS

- ☐ Assess your comfort level with unpredictability and change
- ☐ Write down any fears or concerns (safety, discrimination, being away from home) and plan how to address them
- ☐ Set an intention for your journey (e.g., healing, learning, embracing new experiences)

DESTINATION RESEARCH

- ☐ Research your destination's cultural norms, including LGBTQ+ friendly spaces and policies
- ☐ Identify safe and welcoming accommodations for queer, Black travelers
- ☐ Create a list of things to see, do, and experience (personal growth-focused activities, healing retreats, cultural immersions)

FINANCIAL PREPARATION

- ☐ Set a travel budget (accommodation, food, activities, emergency fund)
 - ☐ Research ways to save money (local discounts, free activities, budget accommodations)
 - ☐ Ensure your currency and/or travel cards will work at your destination
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TRAVEL ESSENTIALS

- ☐ Check passport and visa requirements
- ☐ Book flights, accommodations, and transportation in advance
- ☐ Organize travel insurance to cover emergencies (medical, lost luggage, cancellations)
- ☐ Arrange any vaccinations or health precautions needed for your destination

SAFETY MEASURES

- ☐ Share your travel itinerary and emergency contacts with a trusted friend or family member
- ☐ Research any safety advisories or risks for your destination
- ☐ Familiarize yourself with local LGBTQ+ rights and safety guidelines
- ☐ Download apps or resources that can help you stay connected (maps, language translators, emergency services)

PACKING

- ☐ Pack clothes suitable for the climate and activities (and a few backup options)
- ☐ Don't forget personal items (toiletries, medications, phone, charger, etc.)
- ☐ Pack a travel journal or planner to document your experiences and reflections

MINDSET AND SELF-CARE

- ☐ Take a moment for self-reflection—what personal growth do you want from this trip?
 - ☐ Set boundaries for your trip (personal time, exploring solo, time to recharge)
 - ☐ Create affirmations to stay grounded (e.g., "I am open to new experiences and embracing the journey.")
 - ☐ Prepare your mind for the challenges and rewards of travel, especially as a queer, Black traveler
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