At one point or another, you'll be making a special trip. It might be a vacation, a field trip, or even a play date. These trips often create lifetime memories. But sometimes these memories fade and we can’t recall the details that made that trip so exciting and special.

Trips are like the stories we read in books or see in the movies. They have a beginning, middle, and end plus a whole lot going on with the people we meet and the places we visit.

People naturally love to share stories and tales from trips and vacations. Journaling and photography are two great ways to capture the thrill and excitement of a trip. Both of these methods should enhance your overall trip experience rather than be a “task” that must be completed. They shouldn’t get in the way of having fun, rather they should add to it!

Here are a few ideas that you might want to consider as you plan and prepare for an adventure!

Good luck and bon voyage!

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<table>
<thead>
<tr>
<th>Suggested Adventurer’s Gear:</th>
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<tbody>
<tr>
<td>📸 Digital camera or other picture taking device</td>
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<td>🚀 Spare batteries and/or chargers for electronic devices</td>
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<td>• If traveling internationally, a current converter</td>
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<tr>
<td>🥤 Bottled beverage holder</td>
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<td>📚 3-ring binder with plastic inserts for storage</td>
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<tr>
<td>🗂 Address book of family and friends</td>
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<td>🖋 Pens and pencils</td>
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<td>🎨 Colored pencils</td>
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<tr>
<td>📡 Journal, notepad, or sketch pad</td>
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<tr>
<td>🎤 Voice recorder or other recording device</td>
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<tr>
<td>🗻 Trip itinerary</td>
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<tr>
<td>• Brochures of places of interest (tourist and local)</td>
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<td>• Maps of destinations</td>
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<td>• Books of areas of interest</td>
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<td>• Popular phrases to use</td>
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<td>🎈 Trip wish list</td>
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<td>• Sites to see</td>
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<tr>
<td>• Things to do</td>
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<tr>
<td>• Food to sample</td>
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<td>• Souvenirs to purchase</td>
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Making Memories

Now that you have your gear together, think about the following ideas to help tell your story:

- Take pictures early and often.
  - Include shots that establish the beginning of your story: at the airport, shipping port, train station, bus station, arriving at your destination, resort check-in, etc.
  - Take individual shots, group shots, and shots that just focus on a place or object.
  - Take shots that are candid and show the emotion of the moment: fun, awe, silly, fear, etc.
  - Take shots of local plants and animals.
  - If you have a digital camera, review your shots every day and delete those that you don’t want.
  - Include concluding shots to your trip.

- Record some of your meal experiences.
  - What was your favorite meal? What made it your favorite? Was it the food, the server, the atmosphere, or the people you met or ate with?
  - What was your least favorite? Why?

- Record some of the places you visited and things that you experienced.
  - What was your favorite place? What made it special? Where was it? Who else was there?
  - What was your least favorite place? Why?
  - Remember to visit a local shop or grocery store. Record how it was the same/different from places at home.
  - Experience a local sporting event.

- Record the who, what, and where of your trip.
  - Who did you travel with? How did you travel? Where is your destination? Where are you staying?

- Record any details that will help you remember your experience.
  - Date, time, and location
  - Record often using paper or a voice recorder
  - Remember, make it fun!

- Record how you felt at various stages of the trip.
  - When did you feel the most excited?
  - When did you feel really nervous?
  - Did you experience stomach butterflies?
Making Memories

- If traveling internationally, save a small amount of local money or postage stamps as souvenirs.
- Postcards are a great way to remember places.
  - Purchase postcards to send to family and friends.
  - Save a few and write on them when you visited and whom you were with.

- Save mementos from areas and places that you visited.
  - Brochures
  - Attraction and transportation tickets
  - Fresh disposable coasters or napkins from a favorite dining place
  - Rocks, stones, sand, etc.
- What did you learn about the people and places that you visited?
  - What surprised you the most?
  - What would you want to do again?

- Record some of the local phrases or customs that you learned.
Making Memories

Back at home, your adventure continues as you share your experiences with friends and family.

Here are some helpful things to consider in preserving the memories of your trip.

- Within a day or two of returning home, organize the photos that you have taken.
  - Digital photos should be organized and stored electronically.
  - Print photos and organize them to suit your story.
  - It’s always a good idea to note the names of the people in the photos.
- Within a day or two of returning home, organize your notes, comments, and materials with any appropriate photos.

- Share your trip with family and friends.
  - With your parents’ help and permission, create an internet photo gallery.
  - Create a power point presentation/slide show.
  - Build a scrapbook that incorporates the materials, photographs, and notes that you collected while on the trip.
  - Create a report for your classmates.
  - Cook a dish that you experienced on your trip and share it with others.
  - Display favorite photos and mementoes.
  - Create a photo collage.