



# SLOW TRAVEL CHECKLIST



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Your guide to a more intentional, meaningful journey

## Before You Go

- Choose one destination, not five.
- Book longer stays (think weeks, not days).
- Research neighborhoods, not just “must-see” lists.
- Learn a few local phrases.
- Pack light — comfort over quantity.

## Where to Stay

- Pick locally owned stays (guesthouses, boutique hotels, or rentals).
- Stay in residential areas instead of tourist zones.
- Look for kitchen access to shop local markets and cook.

## How to Eat

- Dine where locals eat, not just on main squares.
- Visit markets and bakeries.
- Try regional specialties, even the unfamiliar ones.
- Cook at least one meal yourself from local ingredients.

## How to Explore

- Walk or bike whenever possible.
- Use public transportation.
- Spend time in parks, plazas, and cafés just observing daily life.
- Choose a few activities and savor them instead of cramming in everything.



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## How to Connect

- Talk to locals (shop owners, baristas, hosts).
- Learn cultural norms before you go.
- Support small businesses.
- Take a class (cooking, art, dance) to immerse in the culture.

## Your Mindset

- Prioritize presence over productivity.
- Be okay with “missing” some sights.
- Journal your experiences.
- Focus on quality of memories, not length of bucket lists.



## My Notes

The logo for lazygirltravel.com features the text "lazygirltravel.com" in a dark blue, lowercase, sans-serif font. Above the text are four travel-related icons: a passport, a camera, a suitcase, and an airplane.