



# The Ultimate Guide to Traveling as a Couple

(and building a  
stronger bond, too!)

# EXPECTATION

Starting off your trip on the right foot, could be the biggest key to success when traveling as a couple. Nothing can sink a trip faster than not being clear about the things you want to do or see, what your partner wants to do or see, how you'll handle adversity, what to look out for and how you both envision the trip going.

By creating common ground before you leave, you'll have something to anchor to when times get rough, and trust me no matter how strong your relationship is, you'll be tested at some point. That anchor point on expectations and vision for your trip, can help you both find that common ground and move forward with creating those unforgettable memories that will last a lifetime.

**PRO TIP:** The best way to incorporate each other's vision and expectations is to plan the trip together, consulting each other along the way.



# BUDGET

**M**oney is already the number one culprit of fights and disagreements in a relationship, and no matter how far from home you fly you can't escape it. Agreeing to, and setting a realistic budget, before departing, that isn't too restrictive or overly lavish will help to ease the tension of spending money while you're on vacation.

By identifying key items or experiences that you want to indulge on, like that trip to the spa or swimming with dolphins, it will keep the surprise overspending to a minimum. Plus, it can also help to set up good habits once you return home, by creating common ground in one aspect of your relationship it is easier to make that same adjustment to your normal life.

**PRO TIP:** Sticker shock on your final bill can sour the memories you made while on travelling together. Consider booking your vacation at an all-inclusive resort or cruise, because a majority of the trip is paid for upfront.



# ROLES

One of the best and easiest ways to maximize your trip is to divide and conquer depending on each person's strengths, like who is really good at reading a map, or who is the better organizer, or even who has the best sense for finding fun and interesting things to see while abroad.

Do yourself a favor, reduce some of the stress that comes with traveling together and play to each other's strengths. It is a great way to become closer and learn more about your partner.

**PRO TIP:** Don't be afraid to invest in additional gadgets or travel tools that will amplify your partner's role in the trip. Little things can make the biggest difference.



# TRIP SONG

**B**efore every trip sit down together, select a trip song and buy it on iTunes. This tradition will help trigger memories of your trip when that song plays on the radio.

After a few trips, you'll build up a playlist, use it to fill in the gaps between trips when you're back home, reminding you about all the great experiences you've had together, especially while you're patiently waiting the next adventure.

**PRO TIP:** The key is to listen to it every day while you're on the trip. Pick a song you both enjoy or one that pertains to the trip, like Kokomo by the Beach Boys for a trip to Aruba. Sing it with us, "Aruba, Jamaica ooh I wanna take ya . . ."



# JET LAG

**S**tart your trip off on the right foot. Jet lag happens whether you are flying only two hours east or 14 hours to another continent, it messes with your eating schedule, sleeping, and overall mental state.

It's equal parts rough on you physically and mentally, so be prepared to experience some downside to jet lag. Even the most seasoned travelers are not immune, and if this is your first trip abroad together it pays to be mindful of the negative effects jet lag has on your ability to cope with stress, especially in a new country.

**PRO TIP:** Lessen the severity of jet lag by not rushing right into your trip when you land, taking a few hours to relax, unwind, and get your bearings can set up your trip for success.



# EXPERIMENT

**D**on't forget to try new things, even those you think you might not like. You never know when the willingness to skip an Americanized restaurant and venture out to a local restaurant can introduce you to a type of cuisine that you thought you'd never enjoy. Little surprises or discoveries help to create the longer lasting memories. Trying something new can totally change the way you vacation, plus you may discover a new activity or food that the two of you will enjoy when you're back home.

**PRO TIP:** Avoid the hotel concierge for ideas. Often they recommend the same thing to all people.

Ask a local for their favorite restaurant or activity in the area, it can take you away from the hustle and bustle of the other tourists and it might not be something that shows up on TripAdvisor.



# COMPROMISE

When you're thinking about your ideal vacation with your partner, be upfront with your expectations. But, also be willing to indulge them in what they want out of the trip, too. Some days that may mean laying on a beach and listening to the waves crash against the shore, and then on other days it may mean zip-lining through the jungle on the way to a snorkel adventure followed up by trekking up a mountain.

Take it all in stride, focus on what you want to get out of the trip together, and compromise to get there. The memories you make together will be more impactful and create stronger bonds than if you're alone.

**PRO TIP:** Don't be afraid to ask yourself, "am I doing my best to enjoy this with my partner, or am I just here for the view?" This constant reminder to reset your approach will do wonders for the quality of the trip and the strength of the bond you're building in your relationship.



# EAT, OFTEN

**E**at, seriously eat. And often. It can be one of the biggest downfalls of couples traveling together, but it isn't always considered or acknowledged as the culprit. Judgment is impaired, things can be said, and none of it really means much, but if you've not eaten recently – those little slips get magnified by 1000. Trust me, eat.

Packing snacks can be a lifesaver for any trip because delays can always occur at any time (and it saves you money), but a word of caution.

Choosing pre-packaged foods like granola bars, cookies, or chips are generally your best bet.

**PRO TIP:** Most country's customs officers will take away any fruits, vegetables, or meat snacks like beef jerky.



# LET GO

**D**on't sweat the small stuff, and as the famous saying goes, "it's all small stuff." But especially when you're traveling to a faraway city or country, learn to let it go. The time you have traveling together is limited, but your time together in life is not. The risk in harboring feelings and not letting go won't just disappear at the end of the trip, it will carry over to your everyday life together.

Focus on the reasons that you decided to travel to this destination, remind yourself of your expectations, but also of your partners. Keeping things in perspective will really help you build a stronger bond, not only in your travels, but when you return home.

**PRO TIP:** Try hitting the reset button on your trip. Open your playlist, and play your trip song. Reflect on the bigger picture. Share one of your favorite things of the trip with your partner , and vice versa.



# LOCALS

It can be very difficult to experience the area you are visiting like a local, if you're traveling together with your partner. It's just a fact that immersing yourself is harder since you have a companion and aren't forced to meet local people.

It's not impossible, but you'll just have to work a little harder and make an effort to interact with everyone you meet. And by putting in the work, you can also create experiences and memories in even the most popular places in the world.

**PRO TIP:** People you meet while traveling as a couple can give you the perfect excuse to book a return trip in the future.



# PATIENCE

Nothing will test your relationship more than letting little things irritate you, especially in stressful situations like having to carry luggage up a cobblestone street to find that the hotel gave your room away.

Patience should be the first and last thing on your packing list, and always make sure that its batteries are charged. When you return home from your trip, you'll have amazing memories, but if you can't find the ability to be patient through the minor trials and tribulations you risk creating a divide with your partner that rides carry-on back to your everyday life.

**PRO TIP:** Pack a deck of playing cards. Instead of fixating on the hiccups and delays use the down time to invest in your relationship. Get to know them better, or settle in for a card game to pass the time.





created especially  
for you by:

**Samantha  
Schultz**

Lead Travel Planner  
Plan Your Perfect  
Vacation



**CRUISE PLANNERS®**

YOUR LAND AND CRUISE EXPERTS



@planyourperfectvacation