# Seven continents planner





Africa 75% complete



Antarctica

75% complete



Asia

75% complete



Australia

75% complete









75% complete



South America

75% complete

## Personal information

Keep a copy of this information with you during your trip.

Emergency contact	information
Primary Contact Name	
Email	
Phone Number	
Secondary Contact Name	
Email	
Phone Number	

Travel insurance	
Company Name	
Website	
Telephone Number	
Insurance ID Number	
Coverage Dates	

#### Passport information

### Medical information



## Take South America for a spin

Duplicate this tab for each South American destination.

Destination	
City/Locale	Rio de Janeiro
Time Zone	UTC-3
Currency	Real (BRL)
Expected Temperature	
Dialing Code	+55 21
Common Language	Portuguese
Hello/Goodbye	Olá/Adeus
Please/Thank you	
Breakfast/Lunch/Dinner	
Where is the bathroom?	

Getting there	
Flight/Bus/Train Number	
Arrival Date/Time	
Confirmation Number	
Contact Information	

Lodging	
Hotel Name	
Address	
Phone Number	
Check-in Day/Time	
Check-out Day/Time	
Confirmation Number	

Must-see	
Activity 1	Praia de Botafogo
Date/Time	06/24/18
Notes	Bike along the shoreline to capture all the beauty
Activity 2	
Date/Time	
Notes	
Activity 3	
Date/Time	
Notes	

People to see	
Person 1	
Email	
Phone Number	
Person 2	
Email	
Phone Number	
Person 3	
Email	
Phone Number	

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	VIIIU	here	

Flight/Bus/Train Number	
Departure Date/Time	
Confirmation Number	
Contact Information	

Websites		