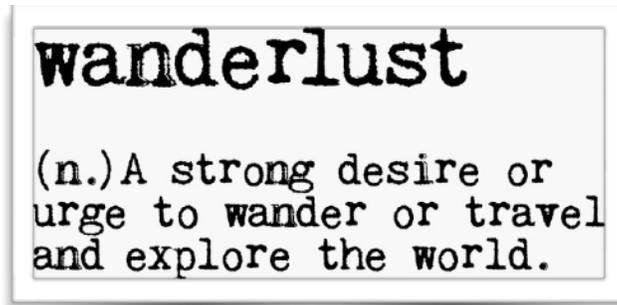


# Your Guide to the Travel Essentials

Courtesy of [EllisMae.com](http://EllisMae.com)

Hello everyone,

Thank you so much for downloading Your Guide to the Travel Essentials. My name is Ellis and I have, what you call, Wanderlust.



Can anyone relate?

After living in *Brisbane, Australia* as a part of a university exchange program, I decided to backpack *Thailand* for two months. The second I got off the plane I knew I caught the travel bug; I felt the immediate overwhelming need to explore the world and experience as many places and cultures as possible. I soon after backpacked *Europe* for three months shortly followed by several other trips.

To be completely honest, for a long time I wasn't sure how I could continue satisfying my craving for adventure.

- √ Graduate school
- √ Get a 9-5
- √ Start a family

That's the path I had to fall into- right? How many of you feel the pressured to do the same? I know I most certainly did... Until I found my answer. I became my own CEO and my passion for health and wellness quickly turned into the reason I am able to live a life of travel and freedom. Curious as to how? Send me a message, I'd love to chat.

*Why am I so passionate about travelling?* The skills, lessons and experiences gained through it are those unachievable elsewhere, it will completely change your life... and it's one heck of a good time let me tell you.

I hope you enjoy my free, two part guide and that it helps aid you on planning the journey of a life time.

xx *Ellis*

Part One: How to Travel for Cheap ||| Part Two: Backpacking Essentials



## How To Travel for Cheap

Part one of your guide is inspired by a question I get asked often.

*How can you afford to travel so much?*



Well, I actually use my passion for health and wellness to fuel my own business. I am my own CEO and I have the pleasure of making anywhere my office. I would love to chat with you more about that if you're interested, but that's a conversation for another time. For now, let me break down that question into something simpler:

*How do I travel for CHEAP?*



This, my friends, is something I have mastered over the years... and it all starts with booking that immediate flight.

## » FLIGHTS «

Typically, booking a trip around six weeks before on a Tuesday is the best bet, but that isn't always a guarantee. I went to Portugal a couple months ago and booked it *six days* before I left and got a pretty good deal. I have spent a ton of time comparing sites, and [Google Flights](#) is by far my favourite for finding deals. My favourite part of it is that you can see very clearly which dates are cheapest along with what airports are cheapest.

September						
S	M	T	W	T	F	S
1 \$745	2 \$641	3 \$590	4 \$545	5 \$545	6 \$545	7 \$545
8 \$420	9 \$420	10 \$499	11 \$420	12 \$565	13 \$545	14 \$477
15 \$420	16 \$420	17 \$420	18 \$420	19 \$420	20 \$420	21 \$420
22 \$420	23 \$420	24 \$400	25 \$502	26 \$501	27 \$420	28 \$420
29 \$414	30 \$398					

In green it shows you that the cheapest day to fly to Paris in September is \$398. I booked my last flight to Paris a month in advance and got it for \$199.

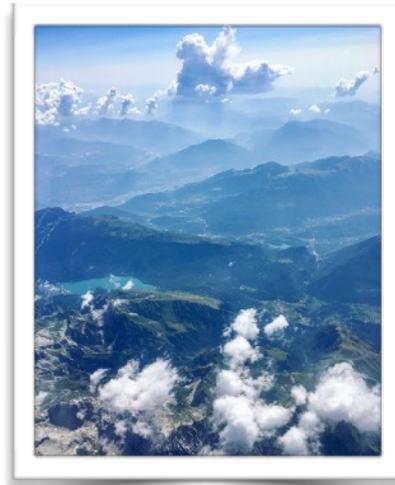
Paris, France All airports		
✈ Charles de Gaulle Airport CDG	Most popular · 38 m · 22 km	\$420
✈ Orly Airport ORY	34 m · 14 km	\$641
✈ Aéroport Paris Beauvais Tillé BVA	1 h 22 m · 68 km	\$3,582
🚆 Gare de l'Est	2 km to city centre	
🚆 Gare du Nord	2 km to city centre	
✈ Paris-Vatry Airport XCR	2 h 0 m · 135 km	\$2,782
✈ Brussels Airport BRU	3 h 19 m · 273 km	\$572
✈ Brussels South Charleroi Airport CRL	2 h 57 m · 233 km	\$1,132

Another great little tip I have is to spend time looking at different places you can fly into. For example, instead of flying straight from Thailand to Canada, I actually found out it was cheaper to get a flight to



Honolulu and stay a few days and *then* fly directly home from there. When I flew from Brisbane to Thailand, I discovered taking a quick train to Gold Coast and flying out of there instead saved me *hundreds* of dollars.

Pre-booking flights is a great way to save money, but to be completely transparent, I missed out on a few really cool experiences from doing that. If you're travelling for a longer period of time, I would leave your schedule pretty open and risk paying more for last minute flights / busses in order to have a better time. I straight up missed a flight I booked in Portugal because after meeting people there I learned it would be a much cooler experience to bus through smaller towns instead.



The view from my plane window before landing in Berlin. This has been my phone lock screen ever since. Oh how I adore the feeling of arriving in a brand new place.

A lesson I learned a month or so into travelling though is that flights are not as glamorous as they seem. Calculating in the time it takes to get to the airport, through security and from the airport, sometimes is better to take a bus.

## » BUSES «

Buses are something I fell quickly in love with during my travels. They usually have free WiFi (a nomad's BLESSING) along with providing you with an abundance of chill time to catch up on some Netflix. When you're on the go all the time, a seven hour bus ride actually starts to sound pretty god-sent. The bus stops are usually pretty convenient to get to, unlike airports, and they are super cheap. My favourite European bus lines were [Flixbus](#) and [Rede-Expressos](#). The latter has unlimited WiFi, Flixbus limited it. So you get off the bus. What now? Well, you'll probably need a place to go.

## » ACCOMMODATIONS «

One of the greatest expense during your travels will be your accommodations, therefore if you're on a budget, I recommend hostels. What are hostels? Well, they're a great opportunity to get real close with 4-20 people. Might sound a little much but honestly, some of the coolest people I've ever met have been from my hostel rooms. Check out [Hostel World](#) for ideas. The site quickly helps you compare hostels based on



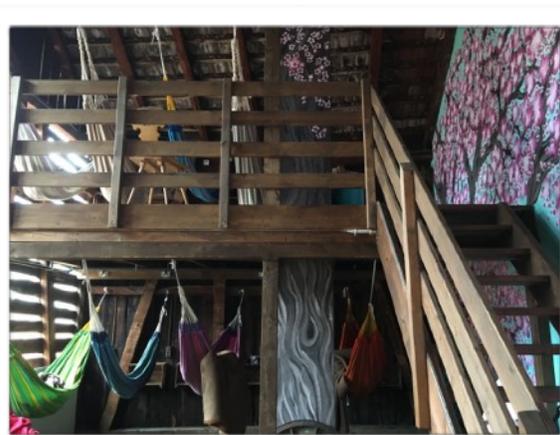
ratings, distance from the city centre, price etc. I will warn you though, if you're extra picky about where you're staying check out Google reviews of the hostels too. Hostels sometimes hire people to write reviews for them.

Also, IMPORTANT, always book the hostel on the actual hostel website, NOT Hostel World. Hostel World usually over-charges and doesn't always have the entire bed selection. If something's booked out on Hostel World it may still be available on the actual site! You can also get awesome perks from booking on the real website! For example, in Rome I stayed at the [Yellow Hostel](#) and because we booked on their actual site we got a free dinner every night and a pretty nice discount off the bar. Most people we met booked on Hostel World and were begging us to get them drinks all night.

Another little tip, depending on where you are travelling, guest houses may be the cheaper option! In Thailand, my sister and I stayed in pretty much all guesthouses for a fraction of the price of hostels. For this, I usually used [Booking.com](#). Try a little mix of the two though, if you're looking to meet people hostel living is the way to go.



This was the "tent hostel" I stayed in at the base of the Swiss Alps in Interlaken. It wasn't only the least expensive option, it was hands down the coolest.



This is the hammock room in the second hostel I stayed in in Switzerland. If the price allows, I always try to stay in hostels that have some extra charm to them.

Okay, so you've arrived. You have a place. Now you're hungry. But food gets SO expensive. What now?

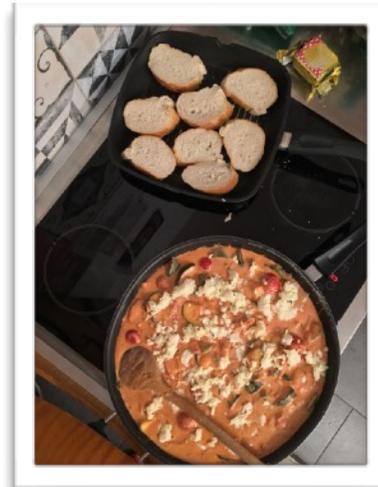
## » FOOD «

Oh food, one of my true loves. If you haven't yet realized, nutrition is one of the most important things in the world to me. If I wasn't as healthy as I am, I certainly would not have been able to do a lot of the stuff I have. Those of you who know me know I am the supplement queen. I am the type of person who would have died as an infant if not for modern medicine because of how weak my immune system is. To avoid hospitalization, I NEED all my macro and micro nutrients. [The supplements I take](#) come in the handiest AM and PM pouches so that ~literally~ saves my life. I also always bring some [protein bars](#) and [pre-packaged shakes](#) on my travels.



In terms of other food, my favourite snack that kept me afloat are peanuts. Always cheap. Always available. My next piece of advice is stay at a hostel with kitchens! You'll save a TON of money cooking your own food and there are usually always free food shelves. Bless those things. Not gonna lie, may have *accidentally* wandered into the kitchen of one or two random hostels to chef up my dinner. I also always look to see if hostels provide free breakfast or lunch or all of the above! If it's only a fraction more expensive it's usually always worth it.

We made DIY sangria in an old water bottle, using 1€ wine and free juice and fruit from our hostel lunch.



I also would make "family dinners" with people I met in hostels. Pitching on making a big dinner with those around you isn't only cost effective, but helps you form bonds with your hostel mates! So there ya go! My quickest tips on how to get you around the world on minimal dough.



# Backpacking Essentials

During this portion of your guide, I am going to be chatting with you about the answer to a question I wish I knew the before my first big adventure.

"What do I actually *need*?"

Through backpacking for extended periods of time, I'd like to think I have this down to a science. Here's some info that will hopefully make your life a little less stressful while you're preparing to jet off.

## ✈️ A BACKPACK ✈️

When travelling, especially for longer period of time, having a backpack instead of a suitcase would be my number one advice. It will save you a lot of grief. My second piece of golden advice: keep it under 55L (L= litres, that is the size of your pack). 55L is even pushing it, mine is 46L. Listen to these next words carefully... you. do. not. want. to. check. your. bag. TRUST ME. Many flights require you to pay extra for it, plus it's a huge waste of time. Keep it under 50L if you can (I could do it, so can you), you will be forever grateful. Also, splurge on something high quality. I didn't the first time and regretted it for months. Literally MONTHS. I find having many pockets on the pack helpful, as well as something that opens almost all the way. Also, get one with a waist and chest strap, it'll save your back.



My sister modelling both of our packs.

## ✈️ A SMALLER BACKPACK ✈️

On my travels, there were many times I wanted to go somewhere with a backpack that wasn't my big one. I guarantee you'll run into that too. I found a smaller, light fabric backpack that I could easily crumple up and shove in my pack when need be! Highly recommend.



## ✈ INTERCHANGABLE OUTFITS ✈

This one is HUGE. One of the most important pieces of advice I have. This is how I, who owns more clothes than anyone ever should, was able to spend almost 100 days in Europe. With a 46L bag. Let me break it down for you:

👑 A couple neutral coloured shirts

👑 I brought a long sleeve that I could, with some creativity, turn strapless.

👑 A few short-sleeves / strapless tops because it was warmer during my travels.

👑 A shirt that can double as PJs.

👑 A jacket that can be wrapped around your waist & backpack.

👑 Neutral bottoms

👑 Shorts that can be dressed up.

👑 I brought a skirt that could be dressed up and down.

👑 Athletic shorts that can be doubled as PJs.

👑 A few dresses

👑 As someone who loves getting dressed up, I needed to bring a few dresses. They could be dressed up, down and they could be folded small to fit in my bag.

👑 Underwear & Socks

👑 Just a reminder so you don't forget.

👑 Bathing suit

👑 I brought a one piece I could wear as a shirt and a bikini for when I wanted to really soak in those rays.



A few examples of the 'fits. Yes, I did download a free photo collage app for this.



### ✈️ A FANNY PACK ✈️

Fanny packs are a huge plus on your travels. It becomes very convenient being hands free. I found a really cute fanny that I could add a strap to and turn it into a purse! One item with several uses? A god-sent on a long trip.



### ✈️ NECK PILLOW ✈️

I highly recommend bringing a neck pillow for your long travel days. They'll help you stay comfortable in the most uncomfortable situations and trust me when I say you'll find yourself sleeping in uncomfortable situations. I found one that blows up when you need it! If you can't already tell, I'm a huge fan of bringing things that can be easily stowed. You'll be thankful if you follow this advise.

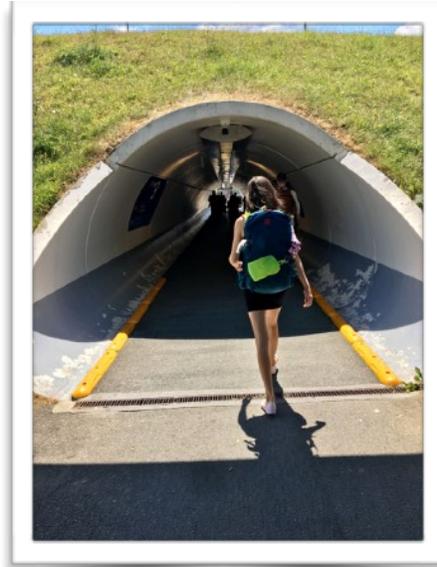
### ✈️ COMFORTABLE & STYLISH SHOES ✈️

Bringing comfortable shoes should go without saying, but when my sister showed up at the airport for our European journey she brought no such thing. I wore my Birkenstocks literally every day, I also brought a pair of sleek black vans that could be worn with every outfit. If you are planning on going to nice restaurants or clubs, see if you can fit a pair of dressier shoes. I didn't bring any heels to Europe and those of you who know me know that was crazy. I caved and bought a pair within the first month. I actually got kicked out of a rooftop bar for wearing Birkenstocks once, so come prepared for the type of environments you want to be in.



### ✈ WATER BOTTLE ✈

I brought a floppy water bottle that could be folded up small (obviously) or even be turned into a water-pillow (is that a thing?).



That's my sista sporting her snazzy green water bottle pillow on the back of her pack through the streets of (the) Paris (airport).

### ✈ PROTEIN BARS ✈

This is also HIGHLY recommended. Stash a bunch at the bottom of your bag and they will come in handy. Food gets expensive. You get malnourished when you're on a budget. [THESE are my favourite protein bars of all times](#). I've tried every brand and I swear, these have the highest quality ingredients AND best flavours. Trust.



Me in my natural environment eating a [Chocolate Decadence](#) protein bar. It's as good as it sounds.



### → SEVERAL COPIES OF YOUR IDS →

I met a girl in Prague that had her passport, phone, money and ID stolen on the first day of her long trip. Photocopy everything. Send your friends and family copies. I hope it doesn't but it may just come in handy. We want to make worst case scenario a little better, right?

### → LOCKS →

I brought a regular sized combo lock along with several smaller locks to lock up my fanny pack, backpack and lockers. You'll need them.

### → PACKING CUBES →

Stay organized, it'll save you time. And frustration. And Possibly even tears. It's hard to keep your back pack pockets tidy.

### → THIN TOWEL/ WRAP →

Yes, to dry off (but tbh half the time I snagged towels from hostels... shhh), but more importantly for privacy. Some nights you just don't feel like sleeping exposed to 14 strangers #Hostellife. Also, you'll need it as a blanket on those budget airlines. I swear they blast the AC to try to get you to buy their overpriced, low-quality blankets. My sister and I practically left a 7 hour Air-Asia flight with hypothermia after refusing to buy a blanket because of the morals behind it.

### → EARPLUGS AND A FACEMASK →

Hostel living gets loud. People turn on the lights in the middle of the night. Sometimes you'll want to take in nap in broad daylight. 'Nough said.

### → CONDENSING YOUR LIQUIDS →

If you're planning on solely bringing carry-ons, as you probably should, you're going to have to be cautious about the liquids you're bringing. Firstly, make sure they're all under 100ML or they will be taken away. Secondly, I suggest putting them in a clear bag to quickly take out of your pack while going through security. Sure, you may sometimes get away without doing so, BUT the times you don't you'll probably be in a huge rush. Some airports will have their own bags that they'll make you put your liquids into so make sure you aren't bringing too many. I learned that the hard way. Bringing shampoo and conditioner bars instead of bottles is a great way to condense your liquids!

*Now to quickly summarize so you don't have to read alllllll the way back up:*

- A backpack (Under 55L)
- A smaller foldable bag
- A fanny pack
- Interchangeable outfits
- Blow up neck pillow
- PASSPORT. I know this was not above but here is your reminder. Do NOT forget. Please.
- Comfortable walking shoes & nicer shoes
- Floppy water bottle
- [Protein bars](#)
- Several extra copies of your IDs.
- Locks
- Packing Cubes
- Thin towel/ wrap
- Earplugs and a facemask
- Condensed liquids



## Conclusion

So there you go! A quick guide to some of my most valued tips and tricks to travelling.

Is your travel bug still itching? Check out my website:

<https://www.ellismae.com>

It takes you through the do's, the don'ts, the how to's and the thrills of exploring this beautiful planet while hopefully helping you on the journey to living your best possible life.

If this lifestyle sounds intriguing to you, feel free to send me a message on my site or on Instagram <https://www.instagram.com/ellismaee/>.

Have a safe, fun, eye-opening adventure. Don't forget to truly take in every moment. Absorb the highs and the lows and let them turn you into the best possible version of yourself.

Have a great rest of your day,

xx *Ellis*

