

EASY



TRAVEL COMPANION AGREEMENT TEMPLATE

Plan for a stress-free trip, together!

*A Companion Resource to the Book,
"The Slow Path to Wellness:
How Slow Travel Heals at Every Age"*

www.theslowpathtowellness.com

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TRAVEL COMPANION AGREEMENT TEMPLATE

A Practical Guide for Setting Clear Expectations Before You
Travel Together

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A Practical Guide for Setting Clear Expectations Before You Travel Together

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IMPORTANT DISCLAIMER

This agreement template is for personal use and informal travel planning only. It is NOT a legally binding contract unless reviewed and executed according to your local laws.

For legal contracts or complex financial arrangements, consult a qualified attorney.

The author and publisher are not responsible for disputes, financial losses or relationship issues arising from the use of this template.

This template is designed to facilitate communication and prevent misunderstandings—not to replace legal advice.

OTHER COMPANION RESOURCES

- [Travel Companion Agreement Templates](#)
- [The Slow Travel Starter Kit](#)
- [The Travel Life Manifesto](#)
- [The Slow Path Travel Journal](#)
- [Complete Budget Planning Templates for Slow Traveling](#)
- [First-Week Survival Guide Template](#)
- [Comprehensive Packing Guides](#)
- [Top 10 Slow Travel Destination Quick-Start Guides](#)
- [The Slow Travel Planning Workbook](#)
- [The Slow Path to Wellness: How Slow Travel Heals at Every Age](#)

TheSlowPathtoWellness.com

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HOW TO USE THIS TEMPLATE

WHY YOU NEED THIS AGREEMENT

Travel can strengthen relationships—or destroy them.

The difference? Clear expectations set BEFORE the trip.

This template helps you and your travel companion(s) discuss and agree on critical details before departure:

- Who pays for what
- What your daily rhythm looks like
- How much together time vs. alone time
- How to handle conflicts
- What happens if someone wants to leave early

Having these conversations now prevents resentment, arguments, and ruined friendships later.

WHO THIS IS FOR:

- Friends traveling together for the first time
- Adult siblings planning a trip
- Couples with different travel styles
- Solo travelers considering a companion
- Anyone who wants to prevent travel drama

WHAT THIS IS NOT:

- X** A legally binding contract (unless you make it one with a lawyer)
- X** A guarantee you won't have disagreements
- X** A replacement for basic communication and compromise

HOW TO USE IT:

STEP 1: Each person reads the entire template individually

STEP 2: Schedule a conversation to discuss each section

STEP 3: Fill in the agreement together (compromise where needed)

STEP 4: Both sign and date

STEP 5: Each person keeps a copy

STEP 6: Review together 1 week before departure

STEP 7: Revise if needed during trip (see Revision Log)

IMPORTANT TIPS:

- Be honest (even if it's uncomfortable)
- Don't assume anything—discuss everything
- No judgment (different styles are okay)
- Compromise where possible, but know your dealbreakers
- Put it in writing (verbal agreements are forgotten)
- Revisit as the trip evolves (flexibility matters)

This template prevents 90% of conflicts among travel companions.

Use it. Your friendship will thank you.

WHEN TO USE THIS AGREEMENT

USE THIS TEMPLATE IF:

- You're planning a trip longer than 3 days
- You're sharing accommodations and splitting costs
- You've never traveled with this person before
- You have different budgets or travel styles
- Money is involved (shared costs)
- You want to prevent misunderstandings
- You've had travel conflicts with companions before
- You're traveling with family (yes, especially family!)

YOU PROBABLY *DON'T* NEED THIS IF:

- You're traveling solo
- The trip is only 1-2 days
- You're an established couple who travels well together
- Everyone is paying for themselves separately (no shared costs)
- You're joining an organized tour (itinerary is set)

RED FLAGS THAT MEAN YOU DEFINITELY NEED THIS:

- 🚩 "We'll figure it out when we get there"
- 🚩 "Don't worry about it, we're flexible"
- 🚩 "I'm sure we want the same things"
- 🚩 Different assumptions about the budget
- 🚩 One person is a planner, the other is spontaneous
- 🚩 Different sleep schedules or energy levels
- 🚩 One wants a packed itinerary, the other wants relaxation
- 🚩 Unequal financial contributions without a clear agreement

REAL STORIES (Why This Matters):

"My best friend and I went to Italy without discussing expectations. She wanted luxury hotels and nice dinners. I wanted budget hostels and street food. We fought about money the entire trip and haven't spoken since."

— Sarah, 58

"My sister and I traveled to Thailand. I'm an early riser who wants to see everything. She wants to sleep in and relax at the pool. We were both frustrated because we never discussed our different travel styles before booking."

— Patricia, 64

"My travel buddy and I assumed we'd split everything 50/50. Then she ordered expensive wine with every dinner and expected me to split the bill. We should have talked about it upfront."

— Jennifer, 61

DON'T BE THESE PEOPLE.

Use this template.

Have the conversations.

Prevent the drama.

TRAVEL COMPANION AGREEMENT TEMPLATE

Creating Clarity for Traveling Together

WELCOME TO YOUR TRAVEL COMPANION AGREEMENT

Traveling with someone can be one of life's greatest joys—or greatest challenges.

The difference? **Clear expectations set before you go.**

This agreement isn't about being rigid or formal. It's about having honest conversations **BEFORE** you're exhausted, lost, or arguing about money in a foreign country.

Think of this as:

- A relationship preservation tool
- A conflict prevention strategy
- A permission slip for honesty
- A roadmap for compatibility

How to use this agreement:

1. **Both/all travelers should read it completely first** (separately)
2. **Fill out your individual preferences** (be honest, not "nice")
3. **Meet to discuss and negotiate** (over coffee, relaxed, no pressure)
4. **Complete the final agreement together** (compromise where needed)
5. **Both/all sign it**
6. **Bring it on the trip** (reference if conflicts arise)
7. **Review it mid-trip** (adjust if needed)

Important principle:

Being honest now saves the friendship later.

If you want opposite things, it's better to know before you book flights.

Compatibility isn't about wanting the same things—it's about respecting different needs and finding middle ground.

Feeling nervous about compatibility?

Many travelers work with us to create compatible group trips or help navigate the *"I want to travel, but my partner doesn't"* situation. We can help assess compatibility and design trips that honor different needs. **Schedule consultation [HERE!](#)**

SECTION 1: TRAVELER INFORMATION

Traveler 1:

Name: _____

Age: _____

Health considerations we should know about: _____

Mobility level: Excellent Good Some limitations Significant limitations

Dietary restrictions/preferences:

Medications that affect travel:

Emergency contact (not traveling with us):

Phone: _____ Relationship: _____

Traveler 2:

Name: _____

Age: _____

Health considerations we should know about: _____

Mobility level: Excellent Good Some limitations Significant limitations

Dietary restrictions/preferences:

Medications that affect travel:

Emergency contact (not traveling with us):

Phone: _____ Relationship: _____

Traveler 3 (if applicable):

Name: _____

Age: _____

Health considerations we should know about:

Mobility level: Excellent Good Some limitations Significant limitations

Dietary restrictions/preferences:

Medications that affect travel:

Emergency contact (not traveling with us):

Phone: _____ Relationship: _____

SECTION 2: TRIP OVERVIEW

Destination(s):

Departure date: _____ Return date: _____

Trip length: _____ days

Primary purpose of this trip:

- Rest & relaxation
- Adventure & exploration
- Cultural immersion
- Healing/processing (grief, transition, etc.)
- Celebration (birthday, anniversary, etc.)
- Mix of several purposes

Our shared intention for this trip:

SECTION 3: TRAVEL STYLE COMPATIBILITY

Each person: Fill this out HONESTLY first, then compare answers

PACE PREFERENCE

Traveler 1 prefers:

- Slow pace (few activities, lots of rest, gentle exploration)
- Moderate pace (balance of activities and downtime)
- Active pace (packed days, see/do as much as possible)

Traveler 2 prefers:

- Slow pace (few activities, lots of rest, gentle exploration)
- Moderate pace (balance of activities and downtime)
- Active pace (packed days, see/do as much as possible)

Traveler 3 prefers (if applicable):

- Slow pace (few activities, lots of rest, gentle exploration)
- Moderate pace (balance of activities and downtime)
- Active pace (packed days, see/do as much as possible)

Our agreed pace:

How we'll handle different pace needs:

MORNING PERSON vs. NIGHT PERSON

Traveler 1:

I naturally wake around: _____ AM/PM

I prefer to go to bed around: _____ PM

I am: Morning person Night owl Flexible

Traveler 2:

I naturally wake around: _____ AM/PM

I prefer to go to bed around: _____ PM

I am: Morning person Night owl Flexible

Traveler 3 (if applicable):

I naturally wake around: _____ AM/PM

I prefer to go to bed around: _____ PM

I am: Morning person Night owl Flexible

How we'll handle different sleep schedules:

PLANNING STYLE

Traveler 1:

- I like detailed planning (know exactly what we're doing each day)
- I like loose planning (general ideas, but decide in the moment)
- I prefer spontaneity (no planning, go with the flow)

Traveler 2:

- I like detailed planning (know exactly what we're doing each day)
- I like loose planning (general ideas, but decide in the moment)
- I prefer spontaneity (no planning, go with the flow)

Traveler 3 (if applicable):

- I like detailed planning (know exactly what we're doing each day)
- I like loose planning (general ideas, but decide in the moment)
- I prefer spontaneity (no planning, go with the flow)

Our agreed planning approach:

ALONE TIME NEEDS

Traveler 1:

I need alone time: Daily Every few days Rarely Never

Amount needed: 30 min 1-2 hours Half day Full day

Traveler 2:

I need alone time: Daily Every few days Rarely Never

Amount needed: 30 min 1-2 hours Half day Full day

Traveler 3 (if applicable):

I need alone time: Daily Every few days Rarely Never

Amount needed: 30 min 1-2 hours Half day Full day

How we'll honor alone time:

Important: Alone time is NOT rejection. It's self-care. We agree to support each other's need for space without taking it personally.

ACTIVITY PREFERENCES

Rate your interest (1=no interest, 5=very interested):

ACTIVITY TYPE	Traveler 1	Traveler 2	Traveler 3
Museums/cultural sites	_____	_____	_____
Hiking/nature	_____	_____	_____
Beaches/water	_____	_____	_____
Shopping/markets	_____	_____	_____
Food tours/cooking classes	_____	_____	_____
Nightlife/bars	_____	_____	_____
Cafés/people watching	_____	_____	_____
Adventure activities	_____	_____	_____
Spas/wellness	_____	_____	_____

Historical sites _____

Photography/art _____

Just wandering _____

Activities we'll do together: _____

Activities we'll split up for: _____

COMFORT LEVEL

Traveler 1 is comfortable with:

- Budget travel (hostels, street food, buses)
- Mid-range comfort (decent hotels, mix of restaurant types, taxis when needed)
- Comfortable travel (nice hotels, good restaurants, comfort prioritized)

Traveler 2 is comfortable with:

- Budget travel (hostels, street food, buses)
- Mid-range comfort (decent hotels, mix of restaurant types, taxis when needed)
- Comfortable travel (nice hotels, good restaurants, comfort prioritized)

Traveler 3 (if applicable) is comfortable with:

- Budget travel (hostels, street food, buses)
- Mid-range comfort (decent hotels, mix of restaurant types, taxis when needed)
- Comfortable travel (nice hotels, good restaurants, comfort prioritized)

Our agreed comfort level:

How we'll handle different comfort needs: _____

Discovering major compatibility issues?

This is valuable information BEFORE you go. We can assess whether you should travel together, separately, or design a trip that accommodates different styles. Sometimes the best solution is to travel to the same place but stay in different accommodations and meet for activities. Get compatibility consultation [HERE!](#)

SECTION 4: FINANCIAL AGREEMENT

This is where most conflicts with travel companions occur. Be specific and clear.

OVERALL BUDGET

Total trip budget per person: \$ _____

This includes:

- Flights
- Accommodation
- Food
- Transportation
- Activities
- Miscellaneous

Each person's financial comfort level:

Traveler 1: I can comfortably spend up to \$ _____ on this trip

Traveler 2: I can comfortably spend up to \$ _____ on this trip

Traveler 3: I can comfortably spend up to \$ _____ on this trip

If budgets don't align, our plan is:

SHARED EXPENSES

What we'll split equally:

- Accommodation
- Rental car (if applicable)
- Groceries for meals cooked together
- Shared activities/tours
- Transportation between cities
- Other:

What we'll pay for individually:

- Our own meals when eating out
- Our own activities if splitting up
- Personal purchases
- Our own drinks/alcohol
- Other:

EXPENSE TRACKING METHOD

How we'll track shared expenses:

- One person pays, others reimburse daily
- One person pays, others reimburse at the end
- We rotate who pays
- We use the Splitwise app
- We use a shared Google Sheet
- Other:

Person responsible for tracking:

Reimbursement timeline: Daily Weekly End of trip Within ___ days of return

Payment method for reimbursement:

- Venmo
 - PayPal
 - Zelle
 - Cash
 - Check
 - Other:
-

SPECIFIC FINANCIAL SCENARIOS

If one person wants to splurge on something (nicer room, expensive meal, etc.):

- They pay the difference themselves
 - We discuss and decide together
 - We vote (majority rules)
 - Other:
-

If one person can't afford something, the group wants to do:

- We skip it (everyone or no one)
 - Others go, that person sits out (no hard feelings)
 - We find a cheaper alternative that everyone can afford
 - Other:
-

If we find accommodation/activity cheaper than budgeted:

- We save the money (reduce overall trip cost)
 - We use savings for upgrades elsewhere
 - We discuss and decide together
-

If we go over budget:

- Each person absorbs their own overage
 - We cut back elsewhere to stay on track
 - We're flexible and okay with going over somewhat
-

PAYMENT RESPONSIBILITIES

Who's booking/paying for what initially:

Flights:

- Traveler 1: Booking own Booking for group
- Traveler 2: Booking own Booking for group
- Traveler 3: Booking own Booking for group

Accommodation:

- Booked by: _____
- Payment: Split immediately One person pays, others reimburse
- If reimbursing, by when: _____

Rental car (if applicable):

- Booked by: _____
- Payment: Split immediately One person pays, others reimburse

Tours/activities:

- Booked by: Each person books their own One person books for the group
- Payment method:

Need help creating a shared budget?

We offer financial planning specifically for group travel—ensuring everyone can afford the trip and preventing money conflicts. Our service includes creating transparent budgets, identifying cost-saving strategies, and mediating different spending comfort levels. **Get group budget help [HERE!](#)**

SECTION 5: ACCOMMODATION AGREEMENT

ROOM SHARING

Our accommodation arrangement:

- Separate rooms (each pays for own)
- Shared room with separate beds (split cost)
- Shared room, shared bed (romantic partners only—split cost)
- Mix (some nights shared, some separate)

If sharing a room/space:

Bathroom schedule in mornings:

Who gets which bed:

Temperature preference: ○ Cold ○ Moderate ○ Warm

How we'll compromise on temperature: _____

Lights/noise tolerance:

- Traveler 1: ○ Light sleeper ○ Heavy sleeper
- Traveler 2: ○ Light sleeper ○ Heavy sleeper
- Traveler 3: ○ Light sleeper ○ Heavy sleeper

How we'll accommodate light sleepers:

- Earplugs/eye masks provided
 - Quiet after a certain time
 - Use phone lights instead of room lights
 - Other:
-

Snoring: (Be honest—better to know now!)

- Traveler 1: ○ I snore ○ I don't snore ○ Sometimes
- Traveler 2: ○ I snore ○ I don't snore ○ Sometimes
- Traveler 3: ○ I snore ○ I don't snore ○ Sometimes

If someone snores, we agree:

Cleanliness standards:

- Traveler 1: ○ Very tidy ○ Moderately tidy ○ Relaxed about mess
- Traveler 2: ○ Very tidy ○ Moderately tidy ○ Relaxed about mess
- Traveler 3: ○ Very tidy ○ Moderately tidy ○ Relaxed about mess

Our agreement on shared space cleanliness:

ACCOMMODATION PREFERENCES

Rank preferences (1=most important, 7=least important):

FACTOR	Traveler 1	Traveler 2	Traveler 3
Location (walkable to the center)	_____	_____	_____
Price (cheapest option)	_____	_____	_____
Kitchen (want to cook)	_____	_____	_____
View	_____	_____	_____
Quiet	_____	_____	_____
Character/charm	_____	_____	_____
Modern amenities	_____	_____	_____

Based on rankings, our accommodation priorities are:

1. _____
2. _____
3. _____

SECTION 6: DAILY RHYTHM & ROUTINE

MEALS

Breakfast:

- We'll eat together daily
- We'll eat separately (everyone does their own thing)
- Flexible (together some days, separate others)

If eating together:

Time: _____ Location: Accommodation Café Varies

Lunch:

- We'll eat together daily
- We'll eat separately
- Flexible

If eating together:

Time: _____ Type: Quick/casual Sit-down Varies

Dinner:

- We'll eat together daily
- We'll eat separately
- Flexible

If eating together:

Time: _____ Budget per meal: \$ _____

Dietary preferences/restrictions to accommodate:

Alcohol consumption agreement:

- Traveler 1: Doesn't drink Occasional Daily moderate Wants to party

- Traveler 2: ○ Doesn't drink ○ Occasional ○ Daily moderate ○ Wants to party
- Traveler 3: ○ Doesn't drink ○ Occasional ○ Daily moderate ○ Wants to party

How we'll handle different alcohol preferences:

DAILY STRUCTURE

Morning routine:

- Traveler 1 needs: ○ Slow quiet morning ○ Exercise first thing ○ Immediate activity
○ Coffee BEFORE talking
- Traveler 2 needs: ○ Slow quiet morning ○ Exercise first thing ○ Immediate activity
○ Coffee BEFORE talking
- Traveler 3 needs: ○ Slow quiet morning ○ Exercise first thing ○ Immediate activity
○ Coffee BEFORE talking

How we'll honor different morning needs: _____

Daily planning approach:

- Decide the night before what we're doing the next day
- Decide the morning of
- Have a loose plan but stay flexible
- No planning, completely spontaneous

Who makes reservations/bookings:

- One person designated
- We rotate
- Whoever finds something books it
- We decide together, then someone books

Designated person (if applicable): _____

COMMUNICATION STYLE

When something bothers me, I will:

Traveler 1: ○ Say something immediately ○ Wait and bring up later ○ Let it go ○ Hint/be passive

Traveler 2: ○ Say something immediately ○ Wait and bring up later ○ Let it go ○ Hint/be passive

Traveler 3: ○ Say something immediately ○ Wait and bring up later ○ Let it go ○ Hint/be passive

We agree to:

- Address issues directly but kindly
- Do not let resentments build
- Assume good intentions
- Take responsibility for our own feelings
- Listen without defensiveness

If we disagree, we will:

- Talk it through calmly
- Take space to cool down first, then discuss
- Vote (if more than 2 people)
- Compromise
- Other:

TECHNOLOGY & PHONE USE

Phone usage expectations:

Traveler 1:

- I'm fine with phones during meals/activities
- I prefer phones put away during meals/shared time
- I need to check phone regularly (work, family, etc.)

Traveler 2:

- I'm fine with phones during meals/activities
- I prefer phones put away during meals/shared time
- I need to check phone regularly (work, family, etc.)

Traveler 3:

- I'm fine with phones during meals/activities
- I prefer phones put away during meals/shared time
- I need to check phone regularly (work, family, etc.)

Our phone agreement:

Photography/posting on social media:

- We're all okay with photos being taken/posted
- Ask permission before posting photos of others
- Some of us prefer minimal photos/social media

Specific photo/social media boundaries:

Struggling to align expectations?

Sometimes, travelers want fundamentally different experiences. We can help mediate these conversations, suggest compromise strategies, or even design trips where you travel to the same destination but maintain some independence. Get group planning mediation: [TRAVELING SAVVY SENIORS](#)

SECTION 7: DECISION-MAKING PROCESS

For major decisions (where to stay, big activities, itinerary changes), we will:

If 2 people are traveling:

- Both must agree (consensus)
- Take turns being "decider."
- The person who cares more gets to decide
- Compromise always

If 3+ people are traveling:

- Everyone must agree (consensus)
- Majority vote
- Rotating decision-maker
- The person who cares most decides

For minor decisions (where to eat, what to do today), we will:

- Discuss and decide together
- Take turns choosing
- Just pick something and go
- The person with the strongest preference decides

If we can't agree:

- Flip a coin
- Do both things (split up temporarily)
- Skip it and do something else
- Talk it through until we find a compromise
- Other:

"Veto power" agreement:

Each person gets _____ vetoes for the entire trip (use wisely for things you really can't/won't do).

These vetoes are for: ○ Activities only ○ Accommodation ○ Meals ○ Anything

SECTION 8: HEALTH & SAFETY

MEDICAL INFORMATION

Traveler 1:

Medical conditions to be aware of:

Medications taken:

Allergies:

Blood type: _____

Doctor's name/phone:

Traveler 2:

Medical conditions to be aware of:

Medications taken:

Allergies:

Blood type: _____

Doctor's name/phone: _____

Traveler 3:

Medical conditions to be aware of:

Medications taken:

Allergies:

Blood type: _____

Doctor's name/phone:

EMERGENCY PROTOCOLS

If someone gets sick/injured

Primary decision-maker for medical decisions: _____

Travel insurance (SAFETYWING INSURANCE CO.) information:

- **Traveler 1: Company:** _____ **Policy #:** _____ **Phone:**

- **Traveler 2: Company:** _____ **Policy #:** _____ **Phone:**

- **Traveler 3: Company:** _____ **Policy #:** _____ **Phone:**

If a medical emergency requires one person to stay behind:

- All stay together
- One stays with the sick person, others continue the trip
- We discuss and decide based on the situation

Embassy/consulate information for destination:

Location:

Phone:

Address:

SAFETY AGREEMENTS

We agree to:

- Share location with each other (Find My Friends or similar)
- Tell each other if going somewhere alone
- Check in at agreed times if separated
- Do not leave anyone behind
- Look out for each other's safety

If we split up during the day:

Check-in time: _____ Method: Text Call WhatsApp

Meet-up time/location:

If someone wants to go out at night alone:

- They can, no problem
 - They should let others know where they are going
 - We prefer everyone to go together at night
 - Other:
-

SECTION 9: FLEXIBILITY & CHANGE

What if one person wants to:

Leave early:

- They can, no hard feelings, we sort out the financial implications fairly
- We discuss as a group and try to resolve the issue first
- We all leave together (everyone or no one)

Stay longer:

- They can, we separate amicably, no problem
- We discuss as a group first
- We all extend together

Change plans significantly:

- We vote/discuss as a group
- The person who wants change needs to make a strong case
- We're flexible and open to changes
- We stick to the original plan unless everyone agrees

Do something separately:

- Totally fine, no explanation needed
 - Fine, but please let us know the plans
 - We prefer doing everything together
-

CONFLICT RESOLUTION

If tension arises:

We agree to:

1. _____
2. _____
3. _____

If we're not having fun/something isn't working:

We agree to address it: ○ Immediately ○ Within 24 hours ○ At next meal ○ Evening check-in

Mid-trip check-in:

We'll have an honest conversation on Day _____ about:

- What's working well
 - What needs adjustment
 - Any concerns
 - How everyone is feeling
-

TRIP EXTENSION OR CHANGES

If we want to add destinations or extend:

- We'll discuss during the trip and decide together
- We'll stick to the original plan
- We're totally open to spontaneous changes

Budget implications of changes:

- Each person is responsible for their additional costs
- We split additional shared costs
- We discuss case by case

SECTION 10: FINAL AGREEMENTS

We've discussed everything in this agreement honestly.

We understand that:

- Perfect compatibility doesn't exist—compromise is normal
- We're both/all adults who can handle disagreements maturely
- This trip is about enjoying time together, not being perfect
- Small annoyances are part of traveling, and we'll be patient with each other
- If something isn't working, we'll address it kindly and directly
- Our friendship/relationship is more important than any travel detail
- This agreement can be adjusted mid-trip if needed

We commit to:

- Respecting each other's needs and boundaries
- Communicating clearly and kindly
- Splitting costs fairly as agreed
- Being flexible when possible
- Taking responsibility for our own happiness
- Not expecting the other person to entertain us constantly
- Making this a positive experience for everyone

Special considerations or agreements unique to our group:

Signatures:

Traveler 1: _____ **Date:** _____

Traveler 2: _____ **Date:** _____

Traveler 3: _____ **Date:** _____

We agree to review this mid-trip and make any necessary adjustments.

Review date: Day _____ of trip, **Location:** _____

SECTION 11: MID-TRIP CHECK-IN

Complete this together partway through your trip

Date: _____ **Location:** _____ **Day of trip:** _____

What's working really well:

What needs adjustment:

How each person is feeling:

Traveler 1: Great Good Okay Struggling

Traveler 2: Great Good Okay Struggling

Traveler 3: Great Good Okay Struggling

Adjustments we're making to our agreement:

Recommitment: We're adjusting as needed and continuing together.

Signatures:

Traveler 1: _____ Date: _____

Traveler 2: _____ Date: _____

Traveler 3: _____ Date: _____

SECTION 12: POST-TRIP REFLECTION

Congratulations! You traveled together and (hopefully) used this agreement to prevent conflicts.

Complete this together or separately after returning

What worked well about traveling together:

What was challenging:

What we'd do differently next time:

Financial settlement:

- All expenses settled
- Outstanding amount: \$ _____ owed by _____ to _____
- Settlement date: _____

Would we travel together again?

Traveler 1: ○ Yes, definitely ○ Yes, with adjustments ○ Maybe ○ Probably not

Traveler 2: ○ Yes, definitely ○ Yes, with adjustments ○ Maybe ○ Probably not

Traveler 3: ○ Yes, definitely ○ Yes, with adjustments ○ Maybe ○ Probably not

If yes, adjustments we'd make:

"The best travel companions are those who communicate clearly, compromise when needed, and respect each other's differences.

This agreement helped you do all three."

— Mary R. Johnson
Traveling Savvy Seniors

ADDITIONAL RESOURCES

If This Agreement Revealed Incompatibilities

Sometimes, working through this agreement reveals that you fundamentally want different travel experiences. **That's valuable information.**

Options when compatibility is low:

1. **Don't travel together** (preserve friendship, travel separately)
2. **Travel to the same destination but stay separately** (meet for meals/activities but maintain independence)
3. **Shorten the trip** (3 days together instead of 14)
4. **Each brings another person** (dilute intensity of duo travel)
5. **Get professional help designing a compromise trip**

Need help navigating this?

We specialize in group travel planning that honors different needs. Our services include:

- Compatibility assessment (before you commit)
- Mediation of different travel styles (finding the middle ground)
- Itinerary design for mixed groups (activities for everyone)
- Separate-but-together trip design (same destination, some independence)
- Group budget planning (transparent, fair, clear)
- Conflict prevention strategies (learned from 100+ group trips we've planned)

We've helped:

- Friends with different budgets travel together successfully
- Couples where one wants adventure, one wants rest
- Adult children traveling with aging parents
- Groups of 3-5 friends with varying energy levels
- Solo travelers who want to try traveling with someone for the first time

Investment: \$297-497, depending on group size and complexity

Schedule group travel consultation:

<https://travelingsavvyseniors.com/personalized-travel-planning/>

Email group questions: contactus@travelingsavvyseniors.com

Recommended Apps

For expense tracking:

- **Splitwise** (automatically calculates who owes whom)
- **Tricount** (simple group expense splitting)
- **Trail Wallet** (individual tracking, compare budgets)

For communication:

- **WhatsApp** (works internationally on wifi)
- **GroupMe** (good for groups of 3+)
- **Shared Google Doc** (running itinerary everyone can edit)

For logistics:

- **Google Maps shared lists** (save places, share with group)
 - **Triplt** (consolidate all bookings in one place)
-

FINAL WISDOM ON TRAVELING TOGETHER

The best predictor of travel compatibility isn't how well you get along at home—it's how you handle stress, ambiguity, and compromise.

Travel amplifies everything:

- If you're controlling at home, you'll be MORE controlling when lost in a foreign country
- If you're passive-aggressive at home, travel will make it worse
- If you communicate poorly at home, don't expect travel to fix it

But also:

- If you're kind at home, you'll be kinder under pressure
- If you're flexible at home, you'll adapt beautifully
- If you respect boundaries at home, travel will deepen that respect

This agreement doesn't guarantee perfect travel—but it dramatically increases the odds of:

- Preserving the friendship/relationship
- Enjoying the trip
- Avoiding the "we're never speaking again" ending
- Creating memories together instead of resentments

Remember:

The goal isn't to avoid all conflict (impossible).

The goal is to handle conflict with respect and kindness (possible).

Use this agreement as your roadmap.

When things get tense, refer back to what you agreed.

When you're having an amazing time, celebrate that you prepared well.

Safe travels, together!

PRINTABLE VERSION CHECKLIST

Before your trip, print:

- This completed agreement (2 copies minimum)
- Mid-trip check-in section
- Post-trip reflection section
- Emergency contacts page
- Medical information page
- Financial tracking method (if using spreadsheet)

Bring agreement on the trip in:

- Shared folder/file that all travelers can access
- Physical printed copy
- Photo on phone as backup

Schedule mid-trip check-in now:

Date: _____ Time: _____ Location: _____

Put it on the calendar so you don't forget!

ABOUT THE AUTHOR

*An American woman who reinvented life abroad at 65,
and now helps others do the same*

Mary R. Johnson is the founder of Traveling Savvy Seniors, where she helps adults 50+ explore affordable, life-enhancing travel and long-stay living around the world. In her mid-60s, she made the bold decision to step away from a comfortable routine, sell nearly everything she owned, and begin a new chapter abroad — proving that meaningful adventure doesn't have an expiration date.

Now based in Vietnam after extended stays across Southeast Asia, Mary shares practical, experience-based guidance for travelers who want more than rushed vacations. She understands the real concerns mature travelers face — health, safety, finances, comfort, and loneliness — because she navigated them herself. From finding arthritis-friendly climates and restorative thermal springs to accessing quality healthcare on a modest budget, her approach focuses on realistic solutions rather than glossy travel fantasies.

Through her writing and work with Traveling Savvy Seniors, Mary encourages readers to move beyond “someday” thinking and discover what's truly possible in this stage of life. She doesn't just write about slow travel — she lives it every day, and her mission is to help others do the same with confidence, clarity, and peace of mind.

OTHER RESOURCES BY THIS AUTHOR:

[Travel Companion Agreement Templates](#)

[The Slow Travel Starter Kit](#)

[The Travel Life Manifesto](#)

[The Slow Path Travel Journal](#)

[Complete Budget Planning Templates for Slow Traveling](#)

[First-Week Survival Guide Template](#)

[Comprehensive Packing Guides](#)

[Top 10 Slow Travel Destination Quick-Start Guides](#)

[The Slow Travel Planning Workbook](#)

[The Slow Path to Wellness: How Slow Travel Heals at Every Age](#)

TRAVEL COMPANION AGREEMENT TEMPLATE

A Companion Resource to

The Slow Path to Wellness: How Travel Heals at Every Age

LET'S STAY CONNECTED:

Join our community of savvy senior travelers for weekly inspiration, practical tips, and proof that adventure doesn't have an age limit:

 **Instagram:** [@TravelingSavvySeniors](https://www.instagram.com/TravelingSavvySeniors)

 **TikTok:** [@TravelingSavvySeniors](https://www.tiktok.com/@TravelingSavvySeniors)

YouTube: [@TravelingSavvySeniors](https://www.youtube.com/TravelingSavvySeniors)

 **Website:** TravelingSavvySeniors.com

 **Website:** TheSlowPathtoWellness.com

Share this agreement with friends planning to travel together.

Better conversations now = better trips later.

PREVENT TRAVEL DRAMA BEFORE IT STARTS

You're excited to travel with your friend, sibling, or partner.

But have you discussed:

- Who pays for what?
- How much togetherness vs. alone time?
- What happens if someone wants to leave early?
- Daily rhythms and activity levels?
- How to handle disagreements?

If not, you're setting yourself up for conflict.

This Travel Companion Agreement Template helps you have the crucial conversations BEFORE your trip—preventing the fights, resentment, and ruined relationships that happen when expectations don't align.

INSIDE THIS TEMPLATE:

- Complete fillable agreement (8 critical sections)
- Financial arrangements worksheet
- Daily rhythm and activity preferences
- Communication boundaries and conflict resolution
- Exit strategy (if someone needs to leave)
- Post-trip debrief for future improvements

WHO THIS IS FOR:

- Friends traveling together • Adult siblings planning a trip
- Couples with different styles • Anyone sharing costs
- First-time travel companions

"We almost didn't use this agreement because it felt awkward. But after one uncomfortable 30-minute conversation, we had a drama-free two-week trip. Best decision ever." — Linda & Sarah, friends traveling to Portugal

USE THIS TEMPLATE:

- Fill it out together before booking
- Sign it (makes it official)
- Keep it handy during the trip
- Revise as needed

Stop assuming. Start communicating. Your friendship will thank you.

TravelingSavvySeniors.com

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TRAVELING SAVVY SENIORS

Helping adults 50+ design healing journeys through slow travel

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