



LITTLE POCKET

# TRAVEL PLANNER

*Memories Await*



*We travel not to escape life,  
but for life to not escape us.*

- ANONYMOUS

Aoraki Mt Cook with Lake Pukaki  
Photo Credit Will Patino



DESTINATION:

*New Zealand*



MONTH / YEAR



# WHAT YOU'LL GET FROM THIS PLANNER

In this travel planning guide you'll learn exactly how to prepare for soul-restoring, stress-free, fun and tranquil travel in Aotearoa New Zealand.

We inspire and empower you to plan for meaningful getaways and soulful experiences, to increase your overall wellbeing, for a healthier, more rejuvenated you!

*Little Pocket*

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# TRIP OVERVIEW



10TH JULY, 2PM

FLY FROM  
UNITED STATES



10TH JULY, 8PM

ARRIVE IN  
NEW ZEALAND

15TH JULY, 2PM

DRIVE TO



17TH JULY, 8PM

CATCH TOUR

20TH JULY, 7PM

FLY HOME  
FROM AUCKLAND





# PRE-TRIP TO-DO'S

## MONTH BEFORE

- |   |                          |
|---|--------------------------|
| <input type="checkbox"/> Finalise Visas and vaccinations      | <input type="checkbox"/> |
| <input type="checkbox"/> Buy Travel Insurance                 | <input type="checkbox"/> |
| <input type="checkbox"/> Travelling with kids? - <u>check</u> | <input type="checkbox"/> |
| <input type="checkbox"/> <u>this first</u>                    | <input type="checkbox"/> |
| <input type="checkbox"/>                                      | <input type="checkbox"/> |
| <input type="checkbox"/>                                      | <input type="checkbox"/> |

## WEEK BEFORE

- |  |                          |
|--|--------------------------|
| <input type="checkbox"/> Make plan care for my pets    | <input type="checkbox"/> |
| <input type="checkbox"/> Let others know our itinerary | <input type="checkbox"/> |
| <input type="checkbox"/> Add to-do                     | <input type="checkbox"/> |
| <input type="checkbox"/>                               | <input type="checkbox"/> |
| <input type="checkbox"/>                               | <input type="checkbox"/> |
| <input type="checkbox"/>                               | <input type="checkbox"/> |

## DAY BEFORE

- |  |                          |
|--|--------------------------|
| <input type="checkbox"/> Pack cabin/personal bag | <input type="checkbox"/> |
| <input type="checkbox"/> Water plants            | <input type="checkbox"/> |
| <input type="checkbox"/> Add to-do               | <input type="checkbox"/> |
| <input type="checkbox"/>                         | <input type="checkbox"/> |
| <input type="checkbox"/>                         | <input type="checkbox"/> |
| <input type="checkbox"/>                         | <input type="checkbox"/> |



# PACKING LIST

## BASICS

- Water Bottle
- Underwear
- Socks
- Beach Towel
- Travel pillow
- Hair Elastics
- Books
- Glasses/contact lenses

## IMPORTANT

- Passport
- Travel Documents
- Wallet
- Driver's License
- Credit Card, Cash, Travel card

## ACCESSORIES

- Sunglasses
- Jewelry
- Belts
- Scarfs
- Bags (inc Backpack)
- Evening Clutch

## HEALTH

- First aid kit
- Insect repellent
- Mosquito net
- Medicine/Vitamins
- Rehydration Solution
- Had vaccines
- Hand sanitiser/dinfectant
- Medications, pain reliever
- A little rubbish bag
- A personal locator beacon

## CLOTHES

- Jeans
- Tank Tops
- T-Shirts
- Shirts
- Pullovers/Hoodie
- Jacket wind/water proof
- Dresses
- Skirts
- Shorts
- Workout clothes
- Swimwear/towel
- Trousers/Leggings
- Sleepwear
- Warm layers - thermals

## ELECTRONICS

- Laptop
- Chargers
- Camera
- Camera Lens
- eReader
- Headphones
- Tablet
- Portable Charger
- Plug adapter
- Extension cord
- Power bank

## HEALTH

- Sandals
- Flip Flops/Pool/water shoes
- Sneakers
- Heels
- Workout shoes
- Boots - hiking and street
- Slippers
- Shower flip flops
- Sunhat and warm hat

## TOILETRIES

- Toothbrush
- Toothpaste
- Dental Floss
- Deodorant
- Shampoo
- Conditioner
- Soap/Bodywash
- Skincare
- Makeup Remover
- Heat tools
- Sunscreen/SPF lip balm
- Body Lotion
- Makeup
- Hair Brush/Comb
- Hair Dryer
- Tampons
- Shaving supplies
- Hair Dryer
- Tampons
- Wipes/Tissues
- Tweezers

## HEALTH

- Keys
- Snacks/drinks
- Luggage Tags
- Pen and paper
- Detergent/clothes line





When packing for a trip in NZ and you're planning on tramping or hiking multi-day trips, know that these require much more packing than day hiking.

If you aren't sure where to start, look into hiring a guide, to either take you on the walk or for advice. You can also check out Search and Rescue New Zealand's [Adventuresmart website](#) or the [New Zealand Department of Conservation website page overnight and multi-day tramp gear list](#), for excellent help and advice.

# PACKING LIST

## BASICS

- Add text
- Add text
- Add text
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- Add text

## IMPORTANT

- Add text
- Add text
- Add text
- Add text

## ACCESSORIES

- Add text
- Add text
- Add text
- Add text

## HEALTH

- Add text
- Add text
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- Add text

## CLOTHES

- Add text
- Add text
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## ELECTRONICS

- Add text
- Add text
- Add text
- Add text
- Add text
- Add text

## SHOES

- Add text
- Add text
- Add text
- Add text
- Add text
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## TOILETRIES

- Add text
- Add text
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- Add text
- Add text
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## MISC

- Add text
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- Add text



# FLIGHT DETAILS

## DEPARTURE INFO: ADD FLIGHT NUMBER HERE

DEPART FROM	<input type="text" value="add info here"/>	TRANSPORT	<input type="text" value="add info here"/>
DEPARTURE DATE	<input type="text" value="add info here"/>	DEPARTURE TIME	<input type="text" value="add info here"/>
CHECKED BAG (Y/N)	<input type="text" value="Y/N"/>	AIRLINE	<input type="text" value="add info here"/>
LUGGAGE ALLOWANCE	<input type="text" value="add info here"/>	TERMINAL/ GATE	<input type="text" value="add info here"/>
BOOKING REF	<input type="text" value="add info here"/>	CHECKIN TIME	<input type="text" value="add info here"/>
ARRIVE AT	<input type="text" value="add info here"/>	ARRIVAL TIME	<input type="text" value="add info here"/>

### NOTES:

Add info here: visas etc

## DEPARTURE INFO: ADD FLIGHT NUMBER HERE

DEPART FROM	<input type="text" value="add info here"/>	TRANSPORT	<input type="text" value="add info here"/>
DEPARTURE DATE	<input type="text" value="add info here"/>	DEPARTURE TIME	<input type="text" value="add info here"/>
CHECKED BAG (Y/N)	<input type="text" value="Y/N"/>	AIRLINE	<input type="text" value="add info here"/>
LUGGAGE ALLOWANCE	<input type="text" value="add info here"/>	TERMINAL/ GATE	<input type="text" value="add info here"/>
BOOKING REF	<input type="text" value="add info here"/>	CHECKIN TIME	<input type="text" value="add info here"/>
ARRIVE AT	<input type="text" value="add info here"/>	ARRIVAL TIME	<input type="text" value="add info here"/>

### NOTES:

Add info here: visas etc



# ABOUT NEW ZEALAND



**CAPITAL**

Wellington

**LANGUAGE (S)**

English, Maori

**CURRENCY**

NZD

**FX RATE**

Add Info

**SEASON**

Add Info

**POUPULATION**

5 million

## LOCAL LAWS & CUSTOMS

It is custom to smile and say hello to someone you pass by on the street

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Waving or yelling your hands to call over a waiter is considered rude - Instead, make eye contact, and raise your hand, say "excuse me".

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## KEY LOCAL WORDS/PHRASES

Kia Ora - a greeting to say - Hello, Well done, Take Care

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Cheers - Thankyou

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Haere Mai - Welcome

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# DEPARTURE DAY PLAN



9AM	●	UBER TO AIRPORT (30 MINS) LA
9AM	●	CHECKIN & BAG DROP (60 MINS) VIRGIN AIRLINE, 25KGS
9AM	●	AIRPORT SECURITY (60 MINS) CABIN LIQUID RULES APPLY
9AM	●	DUTY FREE (60 MINS) BREAKFAST AT AIRPORT
9AM	●	GO TO GATE UP TO 20MIN WALK
1:45PM	●	FLIGHT DEPARTS
9AM	●	FLIGHT ARRIVES AUCKLAND AIRPORT
9AM	●	PRIVATE TRANSFER / HIRE CAR INFO FAST CAR HIRE
9AM	●	ARRIVE AT ACCOMODATION HOTEL NZ

## NOTES

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# THE FIVE WAYS TO WELLBEING

The Five Ways to Wellbeing are a set of five influences which can improve your overall wellbeing and are presented to be able to apply to your life in a practical way.

Check out each of these below to find out what they can do for you and how you can use them to experience incredible, soul-restoring travel and in your everyday life to become more happy, healthy & successful.



## KINSHIP, FRIENDSHIP & SELF LOVE

A shared experience with family or friends will help improve connection with them and create wonderful memories. Go and do something fun or have a great chat! Invest time in the people around you. You can also take a moment for yourself to connect with nature, meditate, pray or just stop for a while to reconnect with yourself and your thoughts.

**connect.**  
FIVE WAYS

---

**be  
active.**  
FIVE WAYS

## STRENGTH, GRACE & FREEDOM

Being active doesn't have to be dragging yourself out for a day of full-on activity, it can be a result of doing something that takes your fancy, like chasing a sunset for the perfect photo or finding a cascading waterfall. Getting outdoors, going for a walk, bike ride, or finding somewhere new to explore, can help you be active and improve your overall wellbeing. Try different options to discover what makes you feel good.

## UNHURRIED, CURIOUS & INQUISITIVE

Notice the detail. Savour the flavour. Reflect on your day. Being present in the moment can be difficult, with a busy life and a million thoughts, requests and a to-do list buzzing in your head. Giving yourself time away from all the fuss of life can help you take a deep breath and take notice of what's happening right in front of you, enjoy the moment, and live a little better.

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## keep learning.

FIVE WAYS

## take notice.

FIVE WAYS

## ENLIGHTENMENT, WISDOM & GROWTH

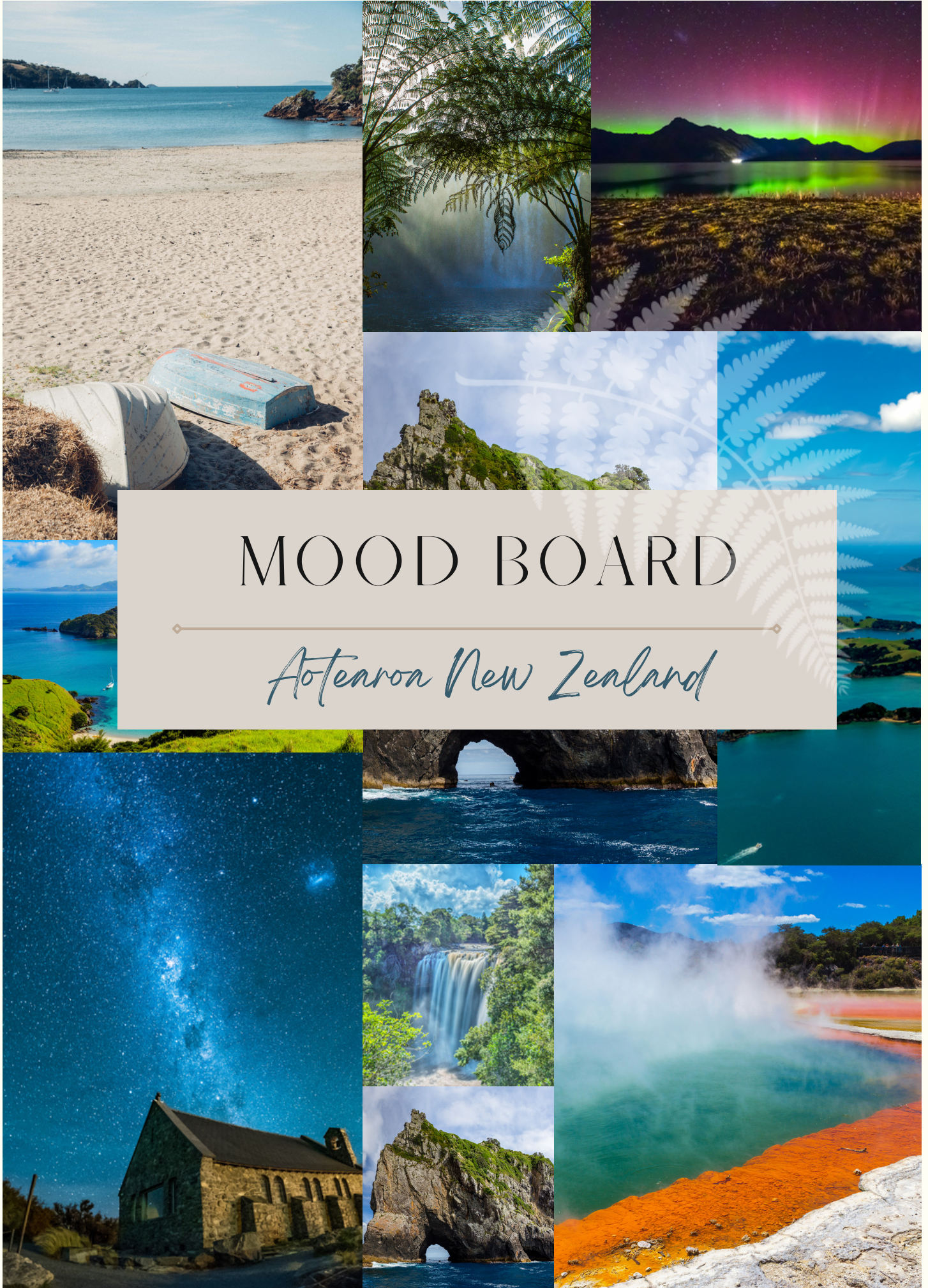
When you begin to discover how glorious this little country is, you'll start unearthing the nurturing little pockets of New Zealand to just be, to escape to, to awaken your soul and learn about yourself, others & your environment. There are many opportunities for learning in New Zealand alongside amazing new experiences. Learning is a byproduct of your mindful, authentic, journey.

# GENEROSITY, PAYING-IT-FORWARD, KINDNESS

Get creative with this one - what value can you offer? This does not mean only money. Giving your time, energy and thoughts will fill you with confidence, hope and a sense of purpose. Give your time to your children, and do something fun with them. Give by supporting local businesses. Volunteer on a community project or good cause. Take your friends or family on an adventure. Give yourself some time out, an escape or pampering.

**give.**  
FIVE WAYS





# MOOD BOARD

*Aotearoa New Zealand*

# HOW WE HELP YOU



We specialise in presenting a whole new world of opportunity itineraries to you – a soul-restoring range of natural, eco-friendly and rejuvenating adventures and retreats that rejuvenate the mind, body, and soul, no matter your circumstance.

Now you can plan amazing, wellness travel with this free planner and our free itineraries – just check out our website.





# WEEKLY ITINERARY

DAY  
01

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here

DAY  
02

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here

DAY  
03

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here

DAY  
04

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here

DAY  
05

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here

DAY  
06

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here

DAY  
07

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here



# WEEKLY ITINERARY

DAY  
08

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here

DAY  
09

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here

DAY  
10

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here

DAY  
11

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here

DAY  
12

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here

DAY  
13

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here

DAY  
14

MORNING: add text here  
AFTERNOON: add text here  
EVENING: add text here





# GETAWAY OUTFITS

## OPTION ONE

MORNING:  
Outfit details here

EVENING  
Outfit details here

POOL/ BEACH  
Outfit details here



## OPTION TWO

MORNING:  
Outfit details here

EVENING  
Outfit details here

POOL/ BEACH  
Outfit details here



## OPTION THREE

MORNING:  
Outfit details here

EVENING  
Outfit details here

POOL/ BEACH  
Outfit details here





# GETAWAY OUTFITS

## OPTION FOUR

**MORNING:**  
Outfit details here

**EVENING**  
Outfit details here

**POOL/ BEACH**  
Outfit details here



## OPTION FIVE

**MORNING:**  
Outfit details here

**EVENING**  
Outfit details here

**POOL/ BEACH**  
Outfit details here



## OPTION SIX

**MORNING:**  
Outfit details here

**EVENING**  
Outfit details here

**POOL/ BEACH**  
Outfit details here



MINIMISE HOW MUCH YOU BRING BY BEING ABLE TO EASILY MIX AND MATCH









# DAILY SCHEDULE

*Day 1*

## TO-DO LIST





## SCHEDULE

	TIME	ACTIVITY
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

## HIGHLIGHTS OF DAY

ACTIVITY	COST
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## BREAKFAST

## LUNCH

## DINNER



# DAILY SCHEDULE



LITTLE POCKET

*Day 2*

## TO-DO LIST

Add Text

## HIGHLIGHTS OF DAY

ACTIVITY

COST

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## SCHEDULE

TIME

ACTIVITY


BREAKFAST

LUNCH

DINNER



# DAILY SCHEDULE

## Day 3

### TO-DO LIST

- 
- 
- 
- 

### SCHEDULE

	TIME	ACTIVITY
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

### HIGHLIGHTS OF DAY

ACTIVITY	COST
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

### BREAKFAST

### LUNCH

### DINNER





# DAILY SCHEDULE



LITTLE POCKET

*Day 4*

## TO-DO LIST

Add Text





## HIGHLIGHTS OF DAY

ACTIVITY	COST
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## SCHEDULE

	TIME	ACTIVITY
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

### BREAKFAST

### LUNCH

### DINNER



# DAILY SCHEDULE

## Day 5

### TO-DO LIST





### SCHEDULE

	TIME	ACTIVITY
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

### HIGHLIGHTS OF DAY

ACTIVITY	COST
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### BREAKFAST

### LUNCH

### DINNER



# DAILY SCHEDULE



LITTLE POCKET

*Day 6*

## TO-DO LIST

Add Text





## SCHEDULE

TIME

ACTIVITY

<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

## HIGHLIGHTS OF DAY

ACTIVITY

COST

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

BREAKFAST

LUNCH

DINNER



# DAILY SCHEDULE

*Day 7*

## TO-DO LIST





## SCHEDULE

	TIME	ACTIVITY
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

## HIGHLIGHTS OF DAY

ACTIVITY	COST
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## BREAKFAST

## LUNCH

## DINNER



# DAILY SCHEDULE



LITTLE POCKET

*Day 8*

## TO-DO LIST

Add Text

## SCHEDULE

TIME

ACTIVITY

<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

## HIGHLIGHTS OF DAY

ACTIVITY

COST

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

BREAKFAST

LUNCH

DINNER



# DAILY SCHEDULE

*Days*

## TO-DO LIST

- 
- 
- 
- 

## SCHEDULE

	TIME	ACTIVITY
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

## HIGHLIGHTS OF DAY

ACTIVITY	COST
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

## BREAKFAST

## LUNCH

## DINNER



# DAILY SCHEDULE



LITTLE POCKET

*Day 10*

## TO-DO LIST

Add Text

## HIGHLIGHTS OF DAY

ACTIVITY

COST

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## SCHEDULE

TIME

ACTIVITY


BREAKFAST

LUNCH

DINNER



# DAILY SCHEDULE

## Day 11

### TO-DO LIST





### SCHEDULE

	TIME	ACTIVITY
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

### HIGHLIGHTS OF DAY

ACTIVITY	COST
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### BREAKFAST

### LUNCH

### DINNER





# DAILY SCHEDULE



LITTLE POCKET

*Day 12*

## TO-DO LIST

Add Text

## SCHEDULE

TIME

ACTIVITY

<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

## HIGHLIGHTS OF DAY

ACTIVITY

COST

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

BREAKFAST

LUNCH

DINNER



# DAILY SCHEDULE

*Day 13*

## TO-DO LIST





## SCHEDULE

	TIME	ACTIVITY
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

## HIGHLIGHTS OF DAY

ACTIVITY	COST
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## BREAKFAST

## LUNCH

## DINNER



# DAILY SCHEDULE



LITTLE POCKET

*Day 14*

## TO-DO LIST

Add Text

## HIGHLIGHTS OF DAY

ACTIVITY

COST

ACTIVITY	COST
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## SCHEDULE

TIME

ACTIVITY

○		
○		
○		
○		
○		
○		
○		
○		
○		
○		

BREAKFAST

LUNCH

DINNER



# DAILY SCHEDULE

## Day 15

### TO-DO LIST





### SCHEDULE

	TIME	ACTIVITY
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

### HIGHLIGHTS OF DAY

ACTIVITY	COST
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### BREAKFAST

### LUNCH

### DINNER



# SOUVENIR GIFT LIST



LITTLE POCKET

<b>BUY FOR</b>	<b>Y/N</b>	<b>GIFT DETAILS</b>	<b>COST</b>
Person	<input type="checkbox"/>	Person	\$\$
Person	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		
	<input type="checkbox"/>		



# GOING HOME



## NOTES

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# NOTES

A series of 15 horizontal dotted lines spanning the width of the page, providing a template for writing notes.



# NOTES

A series of 15 horizontal dotted lines spanning the width of the page, providing a template for writing notes.



# WE ARE INNOVATIVE

Our innovative approach to your vaycay, not only has you travelling but achieving your personal wellness goals too.



# WE ARE INSIDER

We are kiwi. We know the genuine, down-to-earth Kiwi experience your after, and we hunt out exactly what you need with our contacts and turn it all into purposeful and unforgettable itineraries.

# WE INSPIRE

Struggling with your sense of self? self acceptance? Time for you to think? Need stress-free time? We have your answer. INSPIRATION is just the beginning. Creativity, productivity, feeling calm, energised and positive is the reward.



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# WE ARE REVOLUTIONARY



We partner with kiwi business' to bring you your trip of a lifetime. Achieve your wellness goals. Bring out the beginnings of, and ongoingly, your lifes success. We will present to you unbelievable, stress-free time, to feel free and start living your best life.



# YOUR INCREDIBLE, SOUL-RESTORING TRAVEL IS AWAITING YOU

When it comes to purposeful travel, vacations, holidays, weekends, whichever it is you're aiming for, you need to have some practical steps, proven strategies and excellent insider knowledge to ensure you will achieve your goals whether it be overcoming a fear, connecting with your children, opening your mind to new cultures and ideas, becoming fitter or increasing the peace, tranquillity and quality of your time.

Be prepared to start succeeding in your overall health and wellbeing, achieving goals and having a great time. Personal growth & new experiences – your way.

[WWW.LITTLEPOCKET.CO.NZ](http://WWW.LITTLEPOCKET.CO.NZ)



# WHAT A TRIP

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PLAN YOUR BEST GETAWAY