

The Arrival Note Template

One note on your phone. Works without WiFi. Save it before you board.

SAVE THIS TO YOUR NOTES APP BEFORE YOU FLY

LODGING

- Name:
- Full address (typed out — not just a link):
- Phone number:
- Confirmation number:

ENTRY DETAILS

- Door code:
- Host contact:
- Backup instructions:

MAPS

- Screenshot: route from airport
- Screenshot: building exterior
- Screenshot: entrance

OFFLINE

- Download your Google Maps area
 - Screenshot your reservation page
 - Screenshot WiFi details
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That's it.

This note is the difference between arriving calm and standing outside tired, guessing.

Fill it in 48 hours before you fly — not the night before.

ONE MORE THING

Before you board, open your map and zoom all the way in on your building. Notice what's directly next door — a pharmacy, a café, a bank.

When everything feels unfamiliar, one familiar thing helps.



Scan to share

Ready to go deeper? The Pre-Trip Stabilizer walks you through the whole booking-to-arrival stretch — the spiral, the logistics, the first 24 hours. Find it at coddiwompletravelcure.com/work-with-me