

Exploring the World and Meeting Its People

A Couple's Survival Guide To Overlanding

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www.HackneysTravel.com



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Bona Fides

- 43 Countries
- Travel by foot, dugout canoe, scooter, rickshaw, automobile, motorcycle, overland expedition vehicle, bus, helicopter, plane, train, sailboat
- Full-time, overland living
- Lessons learned from our experiences and other overlanders



Learn more about us on our
web site
www.HackneysTravel.com



The 3 Ms

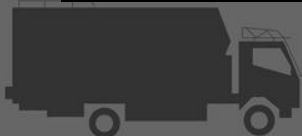
- Money
- Murder
- Me



Money

- It costs less to overland full time in developing countries than to live in the U.S. or western Europe
- Costs vary widely
- Most overlanders live on \$500 to \$2,000 per month

**Background costs are killers
(insurance, storage, etc.)**



Murder

- The world is a very safe, warm and welcoming place
- The world is generally safer and less violent than the U.S.

You will worry about safety and security the most prior to departure and the least while you are out there



Me

- Yes, you can do this
- Overseas overlanding is generally pretty easy, in some places, very easy

Your biggest challenge is looking back at you from the mirror



Safety and Security

- Discuss your limits
- Respect the limits
- Safety and security are always trump
- Gut instinct rules!

Your definition of relative safety and security will change over time



The Gut Rule

- The ultimate trump card
- Can be challenging
- No quibble, no discussion, no debate
- No proxy vehicle for unresolved relationship issues
- Even the slightest little tingle

Everybody Bails – NOW!



Important Processes

- Talk through scenarios
 - Separation
 - Ditch bag / bug out
 - Medical stabilize to extraction
 - Daily life: markets, ATM, etc.
- Practice scenarios
 - Satellite phone, EPIRB, etc.
 - Know your gear - crosstrain



Health

- Health issues for one affect both
 - Proximity to healthcare resources
 - Ability to participate in activities, eat “local” foods, etc.
- Be realistic about health impacts on proposed destinations / methods / timelines
- Be honest about and aware of the stress health issues place on each of you and your relationship



Children

- Highly recommended!
- Travel is very conducive to children's self-confidence, self-esteem, independence, capability, leadership, language skills, etc.
- All the logistics are possible (education, health, etc.)

Some of the best children we've ever met were full time travelers.



Trial / Testing

- Travel
 - Start small, local, short term
 - Test methods: group, friends, solo
 - Test destinations: rural, remote, urban
 - Test lifestyle: everyday activities, space utilization
- Platform / method
 - Rent and learn
 - Fail fast



Intermission and Exit

- Prior to departure
 - Establish and agree on concept
 - Define and agree on criteria
 - Define and agree on method(s)
- If the intermission or exit bell rings
 - No debate
 - No questions
 - No regrets



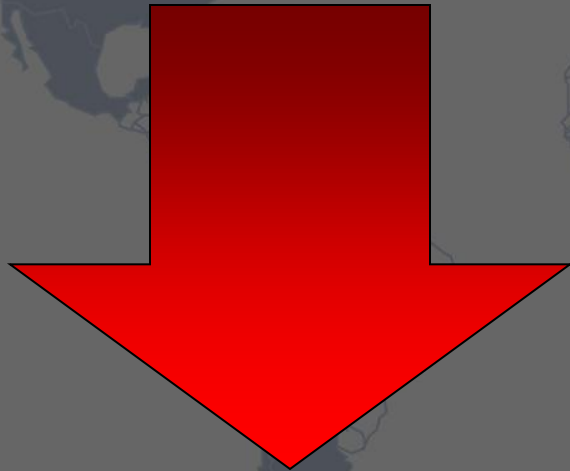
Stress Realities

- Travel can be stressful
 - Personally
 - As a couple
- Travel can be rewarding
 - Personally
 - As a couple

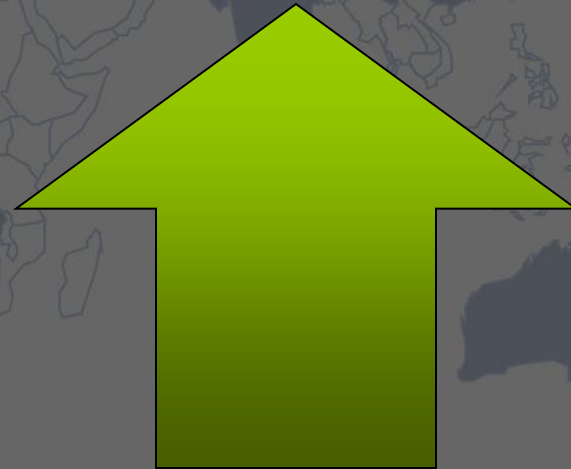


The Goals

Maximize Rewards



Minimize Stress



Typical Stress Factors

- Her

- Children
- ***Emotional Isolation***
(Friends/ Family)
- Loss Of The Nest
- Personal Safety & Security
- Female Health

- Him

- Logistics
- Finances
- ***Vehicle***
- Technology
- Spouse Safety & Security



Stress Relievers

- Communication
- Empathy
- Understanding
- Support
- Validation
- Loyalty
- Respect
- Physical Activity
- Conjugal Relations



Can Be Very Challenging When Driving Through This...



Communications

- Know your styles
- Know the basics
- Workshops / seminars / retreats / books / videos
- You will need this skill – while under stress
- Be specific when speaking
- Try to improve every day



The Three Most Important Words

I Am Sorry



The Next Three Most Important Words

You Are Forgiven



He Thinks / She Thinks

- Shelter – “We’ll find a place.”
 - Him: Wild/dry camp – 70% of the time
 - Her: Hotel to hotel – 70% of the time
- Route – “We’ll find a way.”
 - Him: Go Where No Overland Expedition Vehicle Has Gone Before
 - Her: No roll angle greater than 3 degrees



Manage Expectations

- Address Fears
- Be Honest
- Be Fair
- Be Open
- Communicate

Revisit Expectations Often



Define Roles

- Determine individual strengths / weaknesses
- Discuss prior to departure
- Test roles during lifestyle trial
- Revisit regularly
- Be adaptable and flexible
- Respect each other's roles

Cross-Train Roles



Define and Express Needs

- Unique needs for each individual
- Shared needs
- Compromise needs

**Unmet Needs Will Sabotage
Your Journey**



Common Priorities for Segments/Countries

- Establish couple priorities
- Establish individual priorities
- Prioritize within available resources (time, money, health, etc.)
- Maintain flexibility

Prime Territory For Simmering Resentments



Compromise / Flexibility

- Expectations
- Goals
- Time
- Destinations
- Mode of Travel
- Priorities
- Commitments
- And, that's just the beginning...



Personal Keys To Success

- Personal Space
- Personal Quiet
- Personal Time
- Personal Interests
- Personal Communications
- Personal Rewards

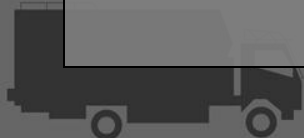
Must Be Happy Yourself To Be A Happy Partner



Tourism vs. Travel vs. Life

- Very important to discuss and understand your perceptions of these concepts
- Tourism is not travel
- Travel is not Overland Living
 - Traveling through an area is not the same as living in an area for a time
- Full-time overlanding is full-time living

**Each Mode Has Different Goals,
Experiences And Outcomes**



Cultural Goggles

- Other societies have different norms, customs, practices and standards
- Some are diametrically opposed to yours
- You cannot fully learn about others unless you can set aside those differences and look at them without the filter of your cultural goggles

Your preconceptions, biases and deeply rooted expectations can and will color and shape your experiences – it's up to you.



Cultural Gender Identity

- Gender-dominated and / or defined societies
- Acceptance of other societies' ideals / standards / requirements
- Gender-specific behavior
- Gender-specific requirements

Both genders must be on board – this is not only a female issue / challenge



Female Gender Identity



Re-entry

- The ship will come ashore
- When it does, you will both be different people
 - Individually
 - As A couple
- When it does, everyone else will be different too
 - The world keeps on turning



The Simple Things

- Learn from others
- Take time off
- Celebrate
- Rituals
- Be Here Now – Live in the moment
- Be nice to each other



The Most Important Things

Doug's

- Establish and pursue common goals
- Take responsibility
- Maintain honesty and integrity

Steph's

- Respect
- Communication
- Happiness...it's a choice and it's your responsibility



The Three Golden Rules of Travel

Doug's

- Don't #&%@ with the locals
- Always remember you are a guest - act accordingly
- Don't be stupid

Steph's

- Trust your gut
- Be respectful at all times
- Focus on where you are - not where you are going



Learn More

Details on the lessons in this presentation
and more are available at:

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