

Senior Travel Checklist

Pre-Travel Preparations

Health and Medication:

- ☐ Schedule a check-up with a healthcare provider.
- ☐ Organize medications and carry prescriptions.

Travel Insurance:

- ☐ Choose comprehensive travel insurance, including coverage for pre-existing conditions.

Accommodations and Transportation:

- ☐ Book senior-friendly accommodations and accessible transportation.

Legal and Emergency Preparations:

- ☐ Ensure all legal documents are updated and in order.
- ☐ Share travel itinerary with family or friends.

Packing Essentials

Clothing and Comfort Items:

- ☐ Pack lightweight, weather-appropriate clothing.
- ☐ Include comfort items like a travel pillow and blanket.

Health and Safety Gear:

- ☐ Prepare a personalized first-aid kit.
- ☐ Pack hand sanitizer, masks, and vaccination records.

Technology and Entertainment:

- ☐ Bring essential gadgets like a mobile phone and charger.
- ☐ Pack books, an e-reader, or puzzles for entertainment.

During the Trip

Mobility and Accessibility:

- ☐ Request aisle seats and perform stretching exercises.
- ☐ Ensure destinations are senior-friendly.

Nutrition and Hydration:

- ☐ Stay hydrated and maintain a balanced diet.

Staying Connected:

- ☐ Use international communication options for regular check-ins.
- ☐ Making the Most of Your Travel

Making the Most of Your Travel

Cultural Engagement and Activities:

- ☐ Participate in local culture and senior-friendly activities.

Health and Relaxation:

- ☐ Pace yourself and incorporate rest days.
- ☐ Seek out wellness experiences.

Post-Travel

Health Check-up:

- ☐ Schedule a post-travel health check-up.

Sharing Your Story:

- ☐ Document and share your travel experiences.