

# Senior Travel Checklist

1. Choose relaxed itineraries and low-impact activities
2. Pack light: layers, meds, walking shoes, water bottle
3. Ask for senior discounts (airlines, hotels, tours)
4. Purchase travel insurance covering medical needs
5. Request accessibility accommodations (if needed)
6. Use simple travel apps: Google Maps, Triplt, WhatsApp
7. Visit your doctor before extended travel
8. Travel with confidence and enjoy the journey