

Travel Made Easy Checklist

Aging Ain't for Sissies – Marcy's No-Nonsense Guide

Before You Go

- Plan outfits, not options
- Pack one small 'just in case' outfit
- Only bring comfortable, broken-in shoes
- Check meds + bring extras in carry-on
- Charge all devices + pack chargers
- Download boarding passes + reservations
- Set up transportation (Uber, ride, parking)
- Lighten the load—you don't need that much

Carry-On Essentials

- Medications (non-negotiable)
- Phone charger / portable charger
- Snacks (because hunger is real)
- Water bottle
- Light sweater or wrap
- Headphones / something to watch
- Toothbrush / basic toiletries
- One clean outfit (in case luggage disappears)

Airport Sanity

- Arrive early enough to stay calm
- Wear easy, comfortable clothes
- Keep ID + boarding pass accessible
- Don't overcomplicate security (simple bag setup)
- Expect delays—adjust your mindset, not your mood

Hotel Setup (5-Minute Reset)

- Unpack a few key items
- Create a 'drop zone' (keys, phone, glasses)
- Adjust temperature + lighting
- Set up toiletries for easy mornings
- Make the space feel like yours

During Your Trip

- Leave space in your schedule
- Build in rest time (this is not a competition)
- Stay hydrated + eat regularly
- Trust your instincts
- Choose comfort over 'shoulds'
- Be flexible—best moments are unplanned

Marcy's Rule (The One That Matters Most)

- Don't turn your trip into a job
- Don't try to do everything
- Don't come home exhausted
- Travel is supposed to feel good

I'm Not Doing This Anymore

- Overpacking
- Overscheduling
- Overcomplicating
- I am not making travel harder than it needs to be

Travel isn't about doing the most. It's about enjoying yourself, feeling comfortable, and actually experiencing where you are.