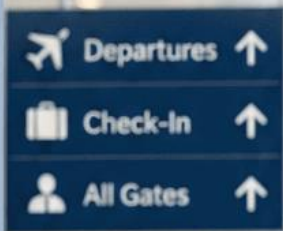


The
**STRESS-FREE
SENIOR TRAVEL**
CHECKLIST

Everything You Need to Pack & Prep



Organized
& Easy



Safe
& Secure



Travel
with Confidence

The Stress-Free Senior Travel Checklist

Everything You Need to Pack & Prep

Travel should be joyful, not stressful. This printable checklist walks you through the four areas that cause the most worry — medications, airport security, insurance, and mobility — so you can board your next trip with total confidence. Tick each box the week before you fly.

MEDICATIONS

- Pack all medications in original labeled bottles in your carry-on.
- Bring a written list of medications, dosages, and prescribing doctors.
- Get a letter from your doctor for controlled substances or injectables.
- Pack 3 extra days of each medication in case of delays.
- Check time-zone dosing for insulin, blood thinners, or heart medications.
- Note the generic name of each medication for international pharmacies.

AIRPORT & TSA

- Apply for TSA PreCheck (\$78, 5 years) — keep shoes and belt on.
- Consider Global Entry (\$120, 5 years) for international travel.
- Wear slip-on shoes and avoid belts with large metal buckles.
- Knees, hips, pacemakers — request a pat-down instead of the scanner.
- Carry a printed copy of your boarding pass — phones can fail at the gate.
- Arrive 2 hours early for domestic, 3 hours for international flights.

TRAVEL INSURANCE & MEDICARE

- Confirm whether Medicare covers you abroad — it usually doesn't.
- Buy travel medical insurance with at least \$100,000 coverage.
- Add medical evacuation coverage (\$250,000+) for international trips.
- Check pre-existing condition waivers — must purchase within 14 days of deposit.
- Print your insurance card and claim number and keep it with your passport.
- Save the 24/7 assistance hotline in your phone contacts before you go.

MOBILITY & ACCESSIBILITY

- Request wheelchair assistance through the airline 48 hours in advance.
- Confirm aisle chair availability if you need help boarding the aircraft.
- Bring spare batteries and chargers for CPAPs or mobility scooters.
- Notify your hotel of accessibility needs — ask for grab bars or roll-in shower.
- Pack a folding cane even if you don't use one daily — airports are long.
- Know your ADA rights for service animals and mobility devices.

★ THE 10-MINUTE FINAL CHECK

The night before: passport, ID, medications, insurance card, phone charger, written emergency contact list, and \$100 in local currency in a hidden pocket. Everything else can be replaced — these seven items cannot.