

Senior Traveler Packing List

DOCUMENTS & ESSENTIALS — Never Leave Without These

- Passport or government-issued photo ID
 - Check expiration date — renew at least 6 months before travel
- Travel insurance card and policy number
 - Always have coverage — medical evacuation can cost tens of thousands
- Medicare card copy and supplemental insurance card
 - Do NOT carry originals — use photocopies
- List of all medications with dosages and prescribing doctor
 - Keep one copy in your bag and one at home with a trusted person
- Emergency contact list — family, doctor, and insurance
- Credit cards, debit card, and some cash in small bills
 - Notify your bank before traveling to avoid holds on your card
- Hotel confirmations, flight itinerary, and tour bookings printed
 - Don't rely solely on your phone — batteries die

CLOTHING & TOILETRIES

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| <input type="checkbox"/> Comfortable walking shoes | <input type="checkbox"/> Toothbrush & toothpaste |
| <input type="checkbox"/> Dress shoes or sandals | <input type="checkbox"/> Shampoo & conditioner |
| <input type="checkbox"/> Underwear (1 per day + 2 extra) | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Socks (1 per day + 2 extra) | <input type="checkbox"/> Razor & shaving cream |
| <input type="checkbox"/> Shirts / blouses | <input type="checkbox"/> Moisturizer & lip balm |
| <input type="checkbox"/> Pants / slacks / skirts | <input type="checkbox"/> Sunscreen SPF 30+ |
| <input type="checkbox"/> Light jacket or cardigan | <input type="checkbox"/> Hand sanitizer |
| <input type="checkbox"/> Rain poncho or umbrella | <input type="checkbox"/> Nail clippers & file |
| <input type="checkbox"/> Pajamas / sleepwear | <input type="checkbox"/> Comb or brush |
| <input type="checkbox"/> Belt or suspenders | <input type="checkbox"/> Feminine hygiene items |
| <input type="checkbox"/> Sun hat or cap | <input type="checkbox"/> Reading glasses + spare |
| <input type="checkbox"/> Swimsuit (if needed) | <input type="checkbox"/> Hearing aid batteries |

MEDICATIONS & HEALTH

- All prescription medications packed in original labeled bottles
 - *Carry them in your carry-on — never check medications*
- At least 2 extra weeks of all medications beyond trip length
 - *Delays happen — always have a buffer supply*
- Over-the-counter essentials: pain reliever, antacid, antihistamine, anti-diarrheal

- First aid kit: bandages, antiseptic wipes, blister pads, ace bandage
- Blood pressure cuff or glucose monitor if needed
- CPAP machine with adapter plug if traveling internationally
 - *Check voltage requirements for your destination country*
- Doctor's note for any medical devices or controlled substances
 - *Required by TSA and some foreign customs*

TECH & COMFORT

- Cell phone, charger, and portable power bank
 - *A fully charged power bank is a lifesaver in airports*
- Universal travel adapter if going international
 - *One good universal adapter covers most countries*
- Noise-canceling earbuds or headphones for flights
- Tablet or e-reader loaded with books, shows, or movies
- Neck pillow and eye mask for long flights or bus rides
- Compression socks for flights over 3 hours
 - *Reduces swelling and risk of blood clots on long flights*
- Reusable water bottle — empty through security, fill after
- Collapsible tote bag for shopping or beach days

🗳️ ■ Silver Wisdom Senior Travel Tips

- TSA PreCheck or Global Entry saves significant time at security — well worth it for frequent travelers
- Always request wheelchair assistance if needed — airports provide it free and it speeds everything up
- Book an aisle seat for easier movement on long flights
- Keep a digital photo of your passport and insurance cards stored in your email
- Let someone at home have a complete copy of your itinerary

This packing list is for general information only and is not intended as professional advice — your situation may be different.