Toiletries

- Toothbrush, toothpaste, floss
- Shampoo, conditioner, body wash (travel size)
- Deodorant, chapstick, lotion (for dry skin)
- Razor and shaving cream
- Hairbrush or comb
- Makeup kit (if needed)
- Sunscreen and insect repellent
- Wipes and tissues
- Adult diapers or pads, peri care items (if needed)
- Denture care items (if needed)

Tech & Entertainment

- Cell phone and charger
- Power bank (TSA-approved)
- Universal plug adapter (for international travel)
- E-reader/tablet with books, music, or puzzles
- Camera (optional)
- Flashlight with extra batteries
- Headphones or earplugs

Turning Dreams Into Destinations

Miscellaneous

- Extra pair of glasses or reading glasses
- Sunglasses
- Travel laundry detergent (small bottle or packets)
- Small sewing kit
- Parachute material tote/schlep bag (for day trips/shopping)
- Notebook and pen
- Emergency whistle
- Snacks for the journey

Traveling Savvy Seniors

Pre-Travel Checklist

+1 (910) 430-6022

www.travelingsavvyseniors.com

contactus@travelingsavvyseniors.com

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https://www.foratravel.com/advisor/mary-johnson

Travel Documents & Essentials

- Passport (valid for at least 6 months beyond travel date)
- Visa (s) (if required)
- Travel insurance documents
- Copies of prescriptions and the doctor's contact info
- Emergency contacts list
- Health insurance & medicare cards
- Advanced healthcare directive (if applicable)
- Itinerary, hotel confirmations, and tickets (printed & digital)
- Credit / debit cards, some local currency
- List of allergies, medical conditions, and medications

Health & Wellness Kit

- All prescription medications (in original containers, with extras for delays)
- Pill organizer
- Over-the-counter meds (pain relievers, allergy meds, digestive aids, cold/flu remedies)
- First aid kit (bandages, antiseptic, blister pads)
- Hand sanitizer and disinfecting wipes
- Face masks (as needed)
- Compression socks (for flights and long walks)
- Medical equipment (hearing aids, CPAP, glucose monitor, batteries, insulin cooler)
- Reusable water bottle
- Healthy snacks (granola bars, nuts, dried fruit)

Clothing & Comfort

- Comfortable, loose-fitting clothes in layers
- Non-slip, supportive walking shoes
- Lightweight flats or sandals
- Socks (including compression socks)
- Underwear and bras (quick-dry, easy-care)
- Scarf or shawl (for warmth or style)
- Sun hat or cap, sunglasses
- Sleepwear
- Light jacket or puffer (weather-appropriate)
- Small pillow or neck pillow for travel
- Rain jacket or travel umbrella
- Swimwear (if using spa or pool)
- Light blanket or shawl for flights