

SENIOR TRAVEL

Itinerary Planning Checklist



Traveling Savvy Seniors

www.travelingsavvyseniors.com



Pre-Trip Health

- Visit primary doctor & specialists
- Update prescriptions

Documents

- Print itinerary & confirmations
- Emergency contact card

Packing

- Medications & extra doses
- Assistive gear (canes, scooters)

Transportation

- Request airport assistance
- Confirm accessible ground transit

Accommodation

- Confirm accessible room features
- Check bathroom setup

Daily Schedule

- Insert rest days
- Limit activities to 1 - 2 per day

Safety & Support

- Share itinerary with loved ones
- Register with embassy (if abroad)

