

Senior-Friendly Travel Checklist

Decide the shape of your trip

- Confirm your dates for a relaxed holiday destination; keep one backup date if possible.
- Make a realistic 6-day route, including arrival and departure time.
- Pick your two must-do experiences and leave some free time.

Book and verify

- Compare the final price and total travel time from your origin to a relaxed holiday destination.
- Use the exact ID or passport name on every transport booking.
- Check cancellation and refund rules before paying.

Documents and money

- Check every traveller's government ID or passport before booking.
- Save offline copies of IDs, tickets, insurance and bookings.
- Carry a paper copy of emergency contacts and the first stay address.

Health, safety and communication

- Check current health and weather advice for the destination.
- Pack prescription medicines in original packaging, with extra for delays.
- Carry a small first-aid kit suited to your activities.

Pack for the actual itinerary

- Choose clothing by day and activity; remove duplicate just in case items.
- Pack comfortable footwear you have already worn.
- Carry suitable protection from sun, rain or cold.

Senior-Friendly Travel Checklist - continued

Transport-day checks

- Verify terminal, baggage limits and online check-in opening time.
- Keep liquids, batteries, medicines and valuables within current cabin rules.
- Plan the airport transfer with buffer for traffic, queues and security.

Traveller-specific preparation

- Request mobility help, lower berths or accessible rooms early.
- Keep a medicine schedule, prescriptions and clinician contact in hand luggage.
- Reduce tight connections and confirm lift access at transport points.

Activities and destination checks

- Confirm step-free access, doorway width, bathroom setup and lift reliability directly.
- Record mobility-equipment dimensions and battery details for transport providers.
- Map accessible transport and medical support instead of assuming standard listings are a...

Final 24-hour check

- Recheck live transport status, weather alerts and provider messages.
- Charge devices and power banks; download tickets, maps and entertainment.
- Confirm documents, medicines, wallet, keys and essential hand baggage.