



Travel Packing List

One bag you can lift on your own. Tick items as they go in.

Documents and money

- ☐ ID and passport (check the expiration date)
- ☐ Insurance and Medicare cards, plus copies
- ☐ Tickets, confirmations and addresses, printed
- ☐ Credit card and a little cash
- ☐ Emergency contact list

Medicines and health (carry-on)

- ☐ Medicines in original containers
- ☐ A few extra days of each medicine
- ☐ Printed medication list and doctors' phone numbers
- ☐ Glasses, spare glasses and hearing-aid batteries
- ☐ Small first-aid kit

Clothing

- ☐ Clothes in two or three colors that mix and match
- ☐ Comfortable, broken-in walking shoes
- ☐ Layers: light jacket or sweater
- ☐ Sleepwear and a travel-size laundry kit

Comfort

- ☐ Refillable water bottle
- ☐ Neck pillow and a light scarf or shawl
- ☐ Snacks for delays
- ☐ Something to read



Travel Packing List (continued)

Phone and gadgets

- ☐ Phone, charger and a small battery pack
- ☐ Plug adapter if going overseas

Before you leave home

- ☐ Mail and newspaper paused
- ☐ Someone knows your itinerary
- ☐ Thermostat set and doors locked
- ☐ Trash out, fridge checked



Traveling Well: Tips

A little planning makes the trip easier on your body and your nerves.

Medicines on the road

- **Carry-on only:** keep medicines in your carry-on bag, never in checked luggage, in their original labeled containers.
- **Extra days:** pack a few extra days' supply in case of delays.
- **Liquids:** medically necessary liquids are allowed through airport security in larger amounts. Tell the officer before screening.
- **Time zones:** ask your pharmacist how to adjust dose timing if you are crossing several time zones.
- **Traveling abroad:** some medicines are restricted in other countries. Check before you go, and carry a copy of your prescriptions.

Comfort and circulation

- On long flights or drives, stand, stretch or walk every hour or two when it is safe. Ankle circles and knee lifts help while seated.
- Drink water regularly. Go easy on alcohol and caffeine on travel days.
- Ask your doctor before a long trip if you have had blood clots, heart or lung problems, or recent surgery.

Getting help at the airport

- Airlines provide free wheelchair assistance and early boarding. Request it when you book, or at check-in.
- TSA Cares offers free help through security for travelers with disabilities or medical conditions. Contact them before your trip.
- Allow extra time between connections. Two hours is kinder than forty-five minutes.

Money-savers worth knowing

- **America the Beautiful Senior Pass:** U.S. citizens and permanent residents 62 and older can buy an annual or lifetime pass to national parks and federal recreation lands.



Traveling Well: Tips (continued)

- Ask about 60+ discounts on trains, museums, attractions and some hotels. The worst answer is no.

Before you leave, photograph your ID, insurance cards and medication list, and email the photos to yourself. If a wallet goes missing, you still have the details.

Sources and more help: TSA ([tsa.gov](https://www.tsa.gov)); National Park Service passes ([nps.gov/planyourvisit/passes.htm](https://www.nps.gov/planyourvisit/passes.htm)); CDC Travelers' Health ([cdc.gov/travel](https://www.cdc.gov/travel)). Check current rules before each trip; they change.