

# International Travel Checklist for Seniors

- ☐ Passport (valid for at least 6 months from date of return)
- ☐ Visa(s) if required for your destination
- ☐ Air tickets (printed or digital copy)
- ☐ Travel insurance documents
- ☐ Itinerary & accommodation details
- ☐ Emergency contact numbers
- ☐ Copy of important documents (passport, visa, prescriptions)
- ☐ Prescription medication (in original packaging)
- ☐ Over-the-counter medicine (pain relievers, allergy meds, etc.)
- ☐ Doctor's letter for medications (if required)
- ☐ Pen (for filling forms)
- ☐ Small notebook (for notes, directions, contacts)
- ☐ Mobile phone + charger
- ☐ International power adapter
- ☐ Comfortable walking shoes
- ☐ Light jacket or sweater (airplane & cool climates)
- ☐ Snacks (nuts, granola bars, dried fruit)
- ☐ Reusable water bottle (empty when going through airport security)
- ☐ Face masks & hand sanitizer
- ☐ Travel pillow & eye mask
- ☐ Guidebook or reading material