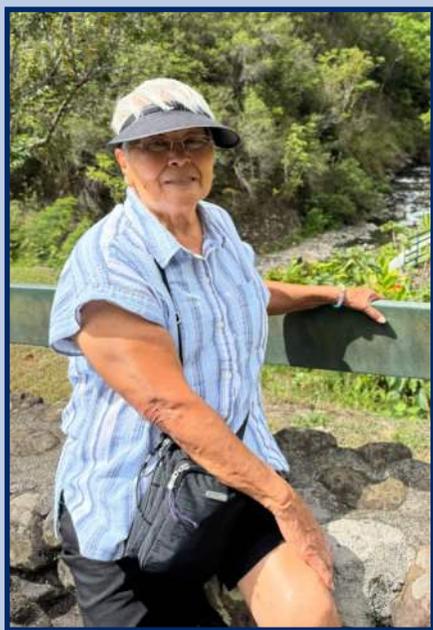


The 10-Point Senior Travel Safety Checklist

The Stress-Free Senior Travel Blueprint



RETIRED & TRAVELING

The Glove Trotters



The 10-Point Senior Travel Safety Checklist

1 The "1-2-1" Pacing Audit

The Logic Never plan a full day of walking.

Safety Check Every 24-hour block must include **one** major morning activity, a **two-hour** mid-day rest, and **one** relaxed evening.

Goal Prevent physical burnout and emotional stress before they start.

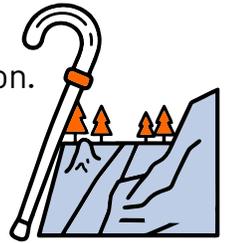


2 The "Stealth" Terrain Recon

The Logic Use Google Street View to vet the "Ground Truth" of a destination.

Safety Check Identify the specific surface types—avoid deep cobblestones, steep inclines, or areas with frequent stairs.

Goal Ensure your Senior's walking aid provides enough stability for the specific environment.



3 Medical Documentation & Clearance

The Logic International travel requires an official "Health Snapshot".

Safety Check Carry a physical copy of all prescriptions in their original containers and a doctor-signed medical clearance if needed.

Goal Seamless communication with foreign medical staff or transport assistance.



4 The 4-to-8 Week Vaccine Window

The Logic Travel vaccines often require time to become effective.

Safety Check Verify destination-specific requirements and schedule shots at least 4-8 weeks prior to departure.

Goal Ensure full immunity and valid proof of vaccination for immigration.



5 Specialized Travel Insurance

The Logic Standard health insurance rarely covers international emergencies.

Safety Check Verify your policy includes emergency medical evacuation, repatriation, and a specific pre-existing condition waiver.

Goal Prevent catastrophic financial loss during a medical crisis.



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6 Accommodation **Accessibility** Audit

The Logic Hotel "accessibility" varies wildly by country.

Safety Check Specifically request rooms near the elevator and verify the presence of grab bars and roll-in showers before booking.

Goal Minimize "unnecessary" walking distances within the hotel property.



7 The "Plan B" **Transport** Prep

The Logic Public transit is often the most difficult part of senior travel.

Safety Check Pre-book private transfers and identify local "accessible" taxi apps like Uber Assist.

Goal Avoid navigating subway stairs or long walks from bus terminals with luggage.



8 The "Excursion **Day-Bag**" Essentials

The Logic Safety is maintained through constant hydration and energy.

Safety Check Pack a small backpack with electrolytes, high-protein snacks, a travel first-aid kit, and emergency contact cards.

Goal Maintain stamina during morning activities away from the hotel.



9 Embarkation & **Airport** Assistance

The Logic Large terminals are the highest-risk areas for fatigue.

Safety Check Request early boarding and wheelchair escort services when making your reservations but at least 48 hours before travel.

Goal Save her energy for the destination, not the terminal.



10 The "**Compromise**" Conversation

The Logic Emotional safety is as important as physical safety.

Safety Check Discuss expectations honestly; let the senior choose one "must-do" activity per city to ensure they feel in control of their journey.

Goal Pivot from "seeing everything" to creating shared, stress-free memories.

