

Pre-Travel Checklist For Traveling (For Seniors With Limited Mobility)

Choosing Your Destination:

	Research senior-friendly destinations known for their accessibility features.
	Check the accessibility of tourist attractions, accommodations, transportation, etc.
	Consider the climate and terrain, which might affect mobility.
	Check reviews and Youtube videos of your destination(s) for personal experience from others who have already been there.

Healthcare Preparations:

	Schedule a check-up with your healthcare provider to discuss your travel plans.
	Ask about managing medications during travel and handling potential health emergencies.
	Make sure to get any necessary vaccinations and prophylaxis if needed.
	Ask your doctor about recommendations to avoid DVT's if you will be sitting for long periods of time.
	Consider travel insurance that covers emergencies and pre-existing conditions.
	Pack extra medication and a copy of your prescriptions.
	Carry a list of your medical conditions and emergency contacts.
	Have a list of local medical facilities at your destination.
	A portable medical alert system may also bring you some peace of mind.

Mobility Aids and Services:

	If you use a mobility aid (like a wheelchair or walker), ensure it's in good working condition.
	Research rental options for mobility aids at your destination if needed.
	If traveling by car, you may be able to rent portable mobility devices for your needs.
	Look into services offering additional assistance, such as airport concierge services.

Packing Essentials:

	Pack comfortable clothing and shoes suitable for the weather and activities.
	Include necessary mobility aids and any required spare parts.
	Don't forget chargers for electric mobility aids, smart phones and medical alert device.
	Batteries for hearing aids.
	Besides the usual toiletries, don't forget things like sunscreen and insect repellent.
	An emergency contact list printed out as well as on your smartphone.
	Travel insurance documentations and copies of your prescriptions. (you may also be able to just take a photograph of these items and keep them on your smartphone)
	Non-slip shoes/slippers to wear in your hotel room, cabin, etc.

Travel Arrangements:

	If using a travel agency, opt for one specializing in accessible travel.
	When booking flights, inform the airline about your mobility needs.
	Book accommodations that are wheelchair-accessible or have other necessary accessibility features.
	If traveling by car, plan for rest stops to avoid sitting for too long.
	Plan for accessible transportation at your destination.
	If traveling by plane, ask for a bulkhead or aisle seat for extra legroom.
	Always let family and friends know your itinerary along with what cruise ship, airlines, trains, etc. you will be using.

On the Day:

	Arrive early at the airport or station to avoid rush.
	Keep essential items and medications in your carry-on bag.
	Stay hydrated and take regular breaks to avoid fatigue.

Remember, each journey is unique, and this checklist should be adapted to suit your individual needs and travel plans. Happy travels!