



Aging in Place Directory

Senior Travel Packing List

Here is a detailed and organized **Senior Travel Packing List** you designed with accessibility, safety, comfort, and simplicity in mind:

Travel Documents & Essentials

- Government-issued ID or passport
 - Health insurance card & travel insurance documents
 - Emergency contact list (printed and digital)
 - Copies of prescriptions & medical summary
 - Boarding passes, hotel confirmations, tour tickets
 - Itinerary with addresses and phone numbers
 - Mobility aid clearance letter (if flying with walker/scooter)
 - Local map or directions (printed in large print)
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Safety & Accessibility

- ID bracelet or medical alert tag
- List of allergies & chronic conditions
- Flashlight or motion-sensing night light
- Contact info card inside each piece of luggage
- Luggage tags with name and address
- Portable charger or power bank

Health & Medication

- All daily medications in original bottles
 - Pill organizer (daily or weekly)
 - Doctor-approved backup medication
 - Copies of prescriptions (in case of emergency refill)
 - Over-the-counter items:
 - Pain reliever
 - Antacid
 - Motion sickness tablets
 - Anti-diarrheal
 - Antihistamines
 - First aid kit (bandages, ointment, thermometer)
 - Mobility aids: cane, walker, wheelchair, or scooter
 - CPAP or other personal medical devices
 - Eyeglasses + backup pair
 - Hearing aids + batteries
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Clothing & Comfort Items

- Comfortable walking shoes with good grip
- Light layers for changing temperatures
- Hat or sun visor
- Sunglasses (UV protection)
- Rain jacket or small umbrella
- Pajamas and robe
- Socks (compression optional)

- Undergarments (enough for each day + extras)
 - Swimsuit (if applicable)
 - Belt or easy-on pants (elastic waist recommended)
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Toiletries (Travel-Sized)

- Toothbrush, toothpaste, floss
 - Hairbrush or comb
 - Shampoo, conditioner, soap/body wash
 - Moisturizer or body lotion
 - Deodorant
 - Lip balm
 - Sunscreen
 - Razor and shaving cream
 - Hand sanitizer and disinfecting wipes
 - Facial tissues and toilet seat covers
 - Incontinence products (if needed)
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Personal Comfort Items

- Neck pillow
- Blanket or shawl
- Snacks (nuts, crackers, fruit cups)
- Refillable water bottle
- Books, crossword puzzles, word search
- Cell phone and charger

- Travel-size flashlight
 - Earplugs or noise-canceling headphones
 - Travel journal or notebook with pen
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