



Senior Travel Checklist

Perfect for South African senior travellers heading on local or regional trips

Travel Essentials

- Valid ID / Passport (6+ months valid)
 - Medical aid card & emergency contact numbers
 - Travel insurance confirmation (if applicable)
 - Printed tickets, bookings & confirmations
 - Comfortable clothing (layers for changing weather)
 - Sleepwear, slippers, and warm jacket
 - Sunhat, sunglasses, sunscreen
 - Power bank & phone charger
 - Reading glasses, books, journal
 - Water bottle and light snacks
-

Health & Safety

- List of medications & dosages
 - Medication supply for full trip + extras
 - Doctor's note (especially for chronic medication)
 - Insect repellent (for bush trips)
 - Basic first-aid items (plasters, antiseptic, etc.)
 - Emergency contacts written down
-



Before You Leave

- Inform family or friends of your travel plan
- Set a mobile roaming/data limit (if international)
- Turn off appliances or lock up securely
- Arrange pet care or newspaper/plant help
- Leave a spare key with a trusted neighbour