



Our 10 top tips for senior travellers

- (1) Take it easy. (travel can be a lot of fun, but be sure not to push yourself too far.....)
- (2) Don't sweat the small stuff. (Travel can be stressful enough without adding additional stress.....)
- (3) Stay in touch. (You can find WiFi in the most unexpected places.....keep others in the loop)
- (4) Pack the necessities. (Don't over pack.....)
- (5) Be safe. (Security matters even when you are on holidays.....)
- (6) Get insurance. (Important for travellers of any age, but more especially for the older traveller.....)
- (7) Watch what you eat. (Like it or not, your tummy is probably not what it once was.....)
- (8) Keep the bling to a minimum. (Costume jewellery and cheap watches should be the norm.....)
- (9) Look after your feet. (It is the wrong time to wear ill-fitting shoes. Leave the fashion until you get home again.....)
- (10) Treat your medication as you would your money and passport. Never pack them in checked luggage.....)

What not to do on a holiday ?

- (1) Expect that things will be the same in your holiday destination as they are at home !
- (2) Blow your budget !
- (3) Be in-flexible in outlook !
- (4) Pack a load of stuff you will never use on the holiday !
- (5) Insufficient planning ahead !
- (6) Expect to use cash everywhere !
- (7) Stay in bed late !
- (8) Travel without insurance !
- (9) Have no photocopy of your passport and don't use the hotel room safes !
- (10) Forget the portable chargers and plug adapters !

What to do on a holiday

- (1). Plan and budget well before you go, look for deals and offers !
- (2). Bring plenty of bug spray !
- (3). Have secure plastic access to your money !
- (4). Have more than one way of accessing your money !
- (5). Hire local guides !
- (6). Be willing to try new things !

- (7). Take tons of photos and back them up !
- (8). If you get an opportunity to exercise, take it !
- (9). Buy sealed bottled water !
- (10). Protect yourself from the elements !