



The Ultimate Solo Travel Checklist for Travellers Over 50

Preparing for a solo trip at any age takes planning, but travellers over 50 often have additional considerations: health, comfort, mobility, safety, and documentation. This comprehensive checklist ensures you leave home fully prepared — confident, organised, and ready for an unforgettable journey.

Use this as a master reference for every trip.

1. Pre-Trip Essentials

✓ Passport & Visas

- Check that your passport is valid for at least **6 months beyond your travel date**
- Confirm visa requirements early (some countries require online pre-approval)
- Make digital and paper copies of:
 - Passport main page
 - Visas
 - Entry permits
 - Travel insurance policy

Store copies in:

- A cloud folder (Google Drive, OneDrive)
- Your email inbox
- A separate pouch in your luggage

2. Health & Medical Preparation

✓ Medical Check-up

Before extended travel, especially international:

- Routine health screening
- Vaccinations required or recommended
- Medication updates
- Mobility-specific advice (joint care, long flights, compression socks)

✓ Medications

Bring:

- Enough medication for the entire trip *plus* 1–2 extra weeks
- Prescriptions in their original packaging
- A printed list of:
 - Medication names
 - Dosages
 - Doctor's contact details



✓ Health Support Items

- Compression socks
- Refillable water bottle
- Small first aid kit
- Motion sickness relief (if applicable)
- Travel-sized hand sanitiser
- Rehydration salts (especially for warmer climates)

3. Travel Insurance (Non-Negotiable After 50)

Choose a policy that explicitly covers:

- Pre-existing conditions
- Emergency medical treatment
- Medical evacuation
- Trip delay/cancellation
- Baggage loss

Important:

Many standard policies exclude chronic conditions or limit coverage past certain ages. Read the fine print carefully or use companies specialised in mature travellers.

4. Money, Cards & Security

✓ Banking Setup

- Notify your bank of travel dates
- Bring at least **two cards** (ATM + credit)
- Keep one card separately in case of theft
- Enable 2-factor authentication

✓ Cash Strategy

- Carry a modest amount of local currency
- Avoid airport exchange counters — use ATMs tied to major banks
- Split cash between:
 - Your wallet
 - A hidden pouch
 - Your hotel safe



✓ Anti-Theft Gear

- RFID-blocking wallet
- Slash-proof crossbody bag
- Lockable zippers
- Small doorstop or portable door lock (hotel safety)

5. Technology, Devices & Digital Preparation

✓ Devices

- Phone + charger
- Portable power bank
- Universal travel adapter
- Headphones
- E-reader or tablet (lighter than books)

✓ Offline Downloads

- Maps (Google Maps Offline)
- Translation packs (Google Translate offline languages)
- Flight & booking confirmations
- Hotel directions
- Local transit maps
- Entertainment for flights

✓ Digital Safety

- Use strong passwords
- Avoid public Wi-Fi for banking
- Use a VPN if possible



6. Accommodation Preparations

Before booking, check:

- Elevator availability (important if you have mobility considerations)
- Walkability and public transport connections
- Safety of neighbourhood
- 24-hour front desk availability
- Clear instructions for late check-in

Before arrival, save:

- Hotel name/address in the local language
- Hotel phone number
- A quick screenshot of your reservation

7. Packing Essentials

✓ Clothing

- Comfortable walking shoes (broken in)
- Lightweight layers
- Wrinkle-resistant outfits
- Quick-dry underwear
- A warm layer (even for warm countries — airplanes get cold)
- Rain jacket or compact umbrella

✓ Essentials for 50+ Travellers

- Reading glasses + spare pair
- Medications & supplements
- Neck support pillow for flights
- Lightweight daypack
- Sun protection:
 - Hat
 - Sun Protection Factor (SPF)
 - Sunglasses

✓ Toiletries

- Travel-size toiletries
- Moisturiser / sunscreen
- Hairbrush
- Small laundry detergent packets



8. Safety & Emergency Preparation

✓ Important Contacts

Have both digital and printed copies of:

- Emergency contact at home
- Hotel contact
- Local emergency number
- National embassy/consulate information
- Travel insurance hotline

✓ Emergency Kit

- Mini flashlight
- Whistle
- Copies of important documents
- Local SIM card or eSIM (if needed)
- Portable phone charger

✓ Personal Safety

- Avoid walking alone in quiet areas at night
- Limit alcohol when alone
- Trust your intuition
- Keep valuables out of sight

9. Transportation & Transit Preparations

✓ Flights

- Book aisle seats for mobility
- Pre-select meals if necessary
- Bring snacks for long flights
- Compression socks for circulation

✓ Ground Transport

- Research how taxis/ride-shares work locally
- Screenshot maps + directions
- Confirm train/bus schedules ahead of time



10. Mindset & Preparedness

✓ Mental Readiness

- Expect a mix of excitement and nerves
- Plan slow starts to each travel day
- Allow time for rest — no need to rush
- Build in “buffer days” for jet lag or downtime

✓ Social Preparedness

For meeting people:

- Join a couple of day tours
- Take a cooking class or walking tour
- Attend local events
- Stay in a social hotel or guesthouse

Summary Table and Check List

Category	Items to Check	Tick
Essential Documents	Passport (6+ months), visas, travel insurance, ticket confirmations, emergency contacts, document copies, medical certificates	
Money & Finances	Notify bank, multiple cards, local currency, emergency cash, budgeting app, card safety (RFID wallet)	
Health & Safety	Medication, prescriptions, first-aid kit, health check, medical info card, sunscreen, insect repellent	
Packing Essentials	Lightweight luggage, walking shoes, layers, rain jacket, toiletries, power adapter, sunglasses/hat, reusable bag	
Tech & Connectivity	Local SIM, offline maps, translation apps, power bank, written emergency numbers, portable Wi-Fi	
Accommodation & Transport	Book first nights, research neighborhoods, mobility-friendly room, transit apps, trusted taxi/ride apps	
Communication & Connection	Basic phrases, local tours, travel groups, workshops/classes, safe socialising	
Mindset & Preparation	Plan rest days, flexible expectations, comfort items, mindfulness practices, journaling	