

CHECK LIST

When you are



Travelling with Seniors

DOCUMENTS



- PASSPORT
- LIST OF MEDICATIONS
- MEDICAL INSURANCE
- LETTER FROM DR , OK TO TRAVEL
- LIST OF SPECIAL DIETARY NEEDS
- LIST OF FOOD ALLERGIES
- DR CONTACT INFO

DAILIES



- T-SHIRT, SHIRTS , PANTS, SHORTS
- T-SHIRT, BLOUSES, DRESSES , SHORTS
- SWIM TRUCKS / BATHING SUIT
- UNDERGARMENTS
- SOCKS
- WALKING SHOES
- SPECIAL DINNER OUTFIT
- NICE SHOES

MEDICAL



- CANE, WALKER, WHEELCHAIR
- MEDICATION
- GLASSES, HEARING AID

TIPS



- GO TO FRONT IN LINE THEY WILL LET YOU BOARD FIRST
- PLAN AHEAD A DAILY SCHEDULE
- KNOW YOUR SURROUNDINGS
- GET FAMILIAR WITH DR. ON SHIP OR IN THE TOWN OR CITY YOU ARE VISITING
- GIVES YOURSELF 20MIN HEAD START FOR ANYTHING

