

Under-Seat Personal Item



Passport & boarding pass in outer zip pocket — **every single flight, no exceptions**



ALL power banks go here only — strictly banned from checked bags by all airlines



Daily meds + **3-day buffer supply** packed here in case of delays or cancellations



Printed doctor/dosage sheet — **every medication, dose & prescribing doctor** listed



Reading glasses, phone + cable, hand sanitizer, travel wipes **within easy reach**



Neck pillow and eye mask tucked in here for **long-haul comfort**



This bag **stays at your feet always** — never put it in the overhead bin

Checked Luggage Rules



NEVER pack power banks — airlines will pull them from your bag at the gate



Bright unique luggage tag on both sides — makes **spotting your bag instant**



Photo your packed contents before zipping shut — **essential for lost bag claims**



Pack **heaviest items near the wheels** — balances the bag and protects your back



TSA-approved locks only — any other lock will be cut off at security



Pack shoes in plastic bags to **protect your clothing** from dirt



Leave **20% empty space** for souvenirs — avoids overweight fees on the way home



Keep a paper contents list inside — helps if **baggage claim needs to verify**

Carry-On Overhead Bag



US Domestic: stay at or under **35 lbs total** — budget airlines enforce at the gate



International: strictly under **15.4 lbs / 7 kg** — weighed at the check-in counter



Lift test: can you raise it fully overhead at home? If not, take things out



2 complete outfit changes packed here in case checked bag is lost or delayed



Lightweight rain poncho + compression socks + travel umbrella for **any weather**



Basic travel **first-aid kit** + backup hearing aid batteries always packed here



Collapsible walking stick — **folds flat** and fits inside the bag with ease



Light jacket or warm layer — cabin temperatures **drop suddenly** and stay cold

Airport & TSA Security Rules



Age 75+: **keep shoes AND light jackets ON** through standard TSA security lines



Medical liquids, syringes & saline: **fully exempt** from the 3.4 oz rule



Declare medical items verbally to TSA officer before bags enter the X-ray



Pre-boarding: step forward IMMEDIATELY when called — do not wait for your row



Request wheelchair or cart assist **at check-in counter** — not at the gate



Laptop and tablet each go in a **separate bin** — speeds up your screening



Arrive **2 hours early domestic | 3 hours early international** flights



TSA PreCheck or Global Entry = shorter lines, no shoes off — worth enrolling

Upgrade & Savings Scripts



Airline: "Could you check for any **complimentary preferred seats**, empty middle rows, or senior upgrades today?"



Hotel: "Do you have an active **senior or AARP rate**? Any complimentary upgrades or better views tonight?"



Car rental: "Any complimentary **vehicle upgrades** with my AARP or senior discount today?"



National Parks: **Senior Pass + photo ID** = free entry at 2,000+ federal recreation sites



Restaurants: ask for **early-bird or senior menus** — usually 15–25% less, rarely posted



Public transit: most US cities offer **50% senior fares** — always ask before paying full price



Attractions & museums: always ask "**Do you have a senior or AARP discount?**" — many don't advertise



Carry **AARP card AND a secondary senior ID** — some venues require both for the discount

In Case of Emergency (ICE)



Flight cancelled: **call airline phone AND go to service desk** at the same time — skip the gate line



Lost wallet/ID: show **backup photos from camera roll** — license, passport & insurance cards



Lost meds: **printed prescription sheet + nearest pharmacy** = emergency bridge supply



Medical abroad: call **travel insurance 24/7 line FIRST** — before any hospital or clinic



Save offline: **airline, hotel, travel insurance & local embassy numbers** — no Wi-Fi needed



Lost bag: **file claim AT the airport** before leaving — always get a written reference number



Keep **\$100 cash separate** from your wallet — for emergency taxis, tips, or pharmacy runs



Travel insurance is not optional — get coverage for medical evacuation, trip cancel & lost luggage

Health & Comfort on Board



Drink 8 oz of water **every hour** — altitude dehydrates you 2–3x faster than on the ground



Compression socks for ALL flights over 2 hours — reduces swelling and blood clot risk



Walk the aisle **every 60–90 minutes** — essential for circulation and preventing clots



Always pack a **warm layer** — cabin temps drop suddenly and stay cold for hours



Lubricating eye drops for dry cabin air — ask pharmacist for a travel-safe option



Noise-canceling headphones or earplugs for better, deeper rest on long flights



Moisturize face and hands mid-flight — cabin humidity **drops below 20%**



Ginger chews or mints — fast relief for motion sickness during turbulence

★ Smart Packing & Pre-Trip Reminders



Photo your license, passport, insurance cards & itinerary — **save offline** before leaving home



Check outlet type at your destination — **pack the right power adapter**



Carry small local currency — **cards are declined more often** than you think abroad



Enable roaming OR **buy a local SIM/eSIM BEFORE you land**



Notify your bank of travel dates — prevents cards from being frozen mid-trip



Email yourself all reservations — accessible anywhere without cell service



Pack sunscreen, a hat & light scarf — covers **sun, cold snaps & dress-code** situations



Book **aisle seats** on long flights — easier to get up, stretch, and use the restroom