

Safe Travel Starts Here



Smarter, Safer & Sustainable Senior Travel
Plan smarter. Pack lighter. Travel farther.

 Tailored for Active Adventurers & Comfort-First Explorers

 Your journey, your pace—confidence packed right in.

Modular Senior Travel Packing Checklist

At GoldenGlobers Travel, we believe that age should never limit adventure. Our expert-crafted, senior-optimized travel guides are designed to help you navigate every journey with confidence and ease.

 Which of these best describes your next trip? Circle one:

- I'm going on a cruise 

- I'm flying internationally 

- I'm traveling solo 

- I have accessibility needs 

- I'm doing luxury travel 

- I'm backpacking 

Then, just print the pages that match.

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International Travel Add-On

- Travel adapter (multi-country type)
- Local currency (small denominations)
- Printed translation card for medical/emergency phrases
- Copy of passport saved digitally & physically
- Extra passport photos
- Visa documents or entry forms (if applicable)
- International roaming plan or local SIM setup
- 2-way emergency contact setup via WhatsApp/iMessage
- Check country-specific health entry requirements

 Comfort Cue: Carry one emergency phrase card in your wallet.

 Adventure Alt: No Wi-Fi? A printed address card beats Google Translate.

 Notes for This Trip:

 *You don't have to speak the language to feel prepared.*

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Cruise Essentials Add-On

- Lanyard for cruise card/key
- Seasickness remedies (bands, ginger chews, meds)
- Swimsuit + cover-up
- Formalwear (if required for cruise dining)
- Lightweight robe or sarong
- Binoculars for sightseeing
- Magnetic hooks for cabin wall organization
- Foldable daypack for port stops
- Stash of daily emergency meds for excursions

 Comfort Cue: Take it ashore, even if you think you won't need it.

 Adventure Alt: Shore adventures hit harder when you've prepped lighter.

 Notes for This Trip:

 *You don't need to pack your whole closet—just your confidence.*

 *"I packed lighter than ever and didn't miss a thing. – Paula, 71"*

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Solo Travel Safety Add-On

- Doorstop alarm or personal safety device
- Local emergency numbers written out
- Daily check-in plan with family/friend
- Backup copy of ID hidden in luggage
- Small flashlight or keychain light
- Offline maps pre-downloaded
- Comfort-First Explorers: laminated hotel address card
- Name your daily check-in buddy & text plan

 Comfort Cue: Solo doesn't mean unsupported.

 Adventure Alt: One text a day keeps the 'where are you?'s away.

Notes for This Trip:

 *You're not alone—you're free to move at your own pace.*

 *"It felt good knowing someone was expecting my check-in. – Leo, 68"*

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Accessible Travel Gear Add-On

- Folding cane or mobility aid (if needed)
- Extra meds in case of delay
- Transfer-friendly clothing (easy-on/off)
- Accessible lodging confirmation in writing
- Medical condition explanation card
- Adaptive footwear or orthotic inserts
- Lightweight seat cushion or lumbar support
- Optional: Pre-board request for flights or cruises

 Comfort Cue: You don't have to 'qualify' to make travel easier.

 Adventure Alt: Comfort = confidence. Own it.

 Notes for This Trip:

 *Asking for what you need is smart, not selfish.*

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Luxury Travel Touches Add-On

- Wrinkle-release spray or travel steamer
 - Silk sleep mask
 - Collapsible garment bag for nice outfits
 - Small travel-size cologne/perfume
 - E-reader loaded with books
 - Foldable tote for high-end purchases
 - Thank-you cards for the concierge or guides
 - Slippers or easy indoor shoes
 - Gratitude journal or digital notes
- ♥ Comfort Cue: Luxury means not bending down to put on shoes.
- ♦ Adventure Alt: A thank-you note travels farther than you think.



Notes for This Trip:

💬 *Luxury is whatever makes you feel at ease, not just expensive.*

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Backpacker Essentials Add-On

- Lightweight microfiber towel
- Refillable water bottle with filter
- Safety whistle & carabiner clips
- Dry bags or zip-locks for gear
- Hostel sheet liner or sleep sack
- Ultralight cooking utensils (if needed)
- Digital copies of all IDs in cloud storage
- Small knee brace or joint wrap
- High-traction shoes for uneven terrain

 Comfort Cue: Protect your joints like your passport.

 Adventure Alt: You're not too old—you're just too smart to slip.

 Not sure which add-on fits your next trip? Email us your itinerary—we'll suggest the perfect combo.

 *A little prep keeps the journey playful, not painful.*

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 Questions? Email us at support@goldenglobestravel.com

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