

# Mini Travel Planner

Your essential guide to planning *stress-free journeys* for 50+ travellers



## Travel Preparation

- Check passport validity (6+ months)
- Apply for visas in advance
- Purchase travel insurance
- Make copies of all important documents
- Share itinerary with family/friends

## Packing Essentials

- Comfortable walking shoes
- Lightweight layers for all weather
- Medications + prescriptions
- Reusable water bottle
- Travel adapter & chargers

## Smart Travel Tips

- Pre-book key attractions online to save time
- Research local transport options & passes
- Save emergency numbers in your phone
- Carry some local currency for arrival
- Pack a small comfort kit (scarf, snacks, eye mask)



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## Health & Wellness

- Stay hydrated – aim for 2L per day
- Use compression socks for long journeys
- Take stretch breaks on flights/train rides
- Balance busy days with downtime
- Protect skin – sunscreen, hat, sunglasses
- Pack light snacks to keep energy steady
- Listen to your body – rest when needed

## My Top 5 Must-Do's

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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## Daily Planner

Morning	Afternoon	Evening	Notes

*"Travel is the only thing you buy that makes you richer."  
Angela Jane*