



# CHECKLIST FOR OLDER TRAVELERS

*Travel Smart. Travel Safe. Travel Well.*

## GET INFORMED

- Learn about your destination and its unique travel requirements at [travel.state.gov/destination](https://travel.state.gov/destination).

## GET REQUIRED DOCUMENTS

- Make sure your passport is valid for at least six months after the date of your return. Some countries won't allow you to enter if your passport is set to expire!
- Apply for a visa if necessary.

## STAY CONNECTED

- Enroll in STEP to receive safety and security information, and to help us locate you in an emergency. Visit [step.state.gov](https://step.state.gov).
- Leave emergency contact information, a copy of your itinerary, and a copy of your passport with family or trusted friends.
- Check with your mobile phone service company about packages that allow you to make calls and send and receive text messages overseas.
- Inform your bank or credit card company that you will be traveling overseas.
- Ask if your bank has any international banking partners where you can safely deposit or withdraw funds as needed.
- For extended trips and living abroad, learn more about federal benefits, obligations, and voting at [travel.state.gov/fedben](https://travel.state.gov/fedben).

## CONSIDER MEDICAL CHALLENGES

- Consider purchasing additional health insurance, including for medical evacuation in the event you need to return to the U.S. unexpectedly.

- Remember that Medicare does not provide coverage overseas. Private insurance plans may require you to pay for costs directly before getting reimbursed.
- Consult with your physician six to eight weeks prior to your travel overseas to find out if any health checks or vaccination are required for entry at your destination.
- Take extra medication in case your itinerary changes, and keep it in its original bottle.
- Know the generic name for your medication as those generic names may be more recognizable at pharmacies in a foreign country.
- Check with the embassy or consulate of the country you plan to visit to ensure that your medications are not considered illegal substances under local laws.
- If you have mobility difficulties or use a wheelchair, determine what the access and accommodations are for restaurants, bars, bathrooms, swimming pools, and other public spaces.

## INFORMATION CARD

Look up the closest U.S. embassy or consulate information at [travel.state.gov](https://travel.state.gov), write it here, and keep this card with you!

Name: \_\_\_\_\_

Passport number: \_\_\_\_\_

Emergency contact name: \_\_\_\_\_

Emergency contact phone: \_\_\_\_\_

Embassy/consulate address: \_\_\_\_\_

Embassy/consulate phone: \_\_\_\_\_