

# Safe travel tips, stay away from danger everyone needs to know

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Travelers around the world are expected to spend more than \$2.4 trillion by 2025, and tourism revenue is largely driven by people over the age of 40. Unfortunately, older people are often targets for thieves and pickpockets, while they face health issues and other complications. That's why we've put together a list of safety **measures you might want to take the next time you leave your home country** .



## Protect yourself from thieves

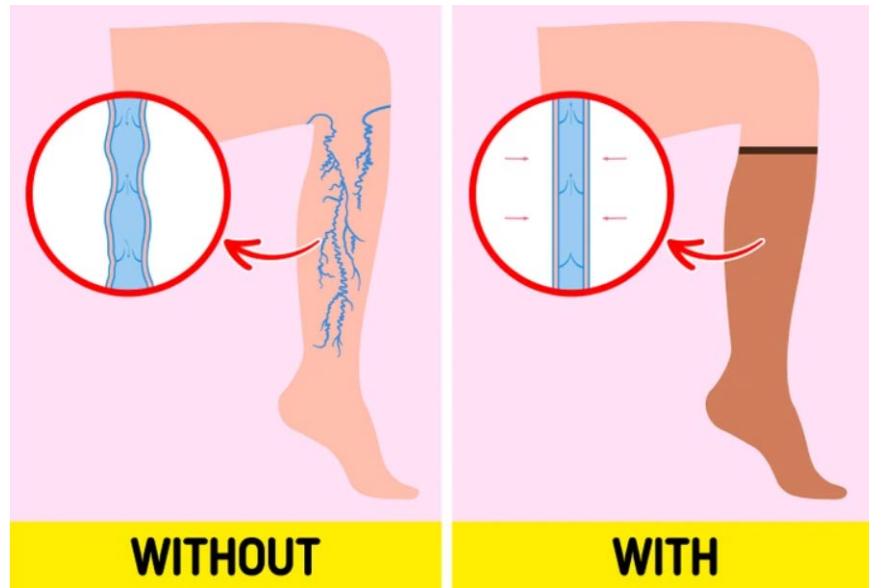
Thieves and pickpockets target everyone regardless of age, so older people need to be on their guard. They may think it's easier to steal because older people have slower reflexes and may have poorer eyesight. If you want to protect yourself from this pain, you can wear clothing with protective pockets. Many jackets have inside pockets or pockets that zip or are sealed with magnets.

Also, make sure your hotel room has a safe where you can store your ID and other important documents, along with some cash.

## Prepare for health emergencies

You don't need to pack your entire medicine cabinet when traveling abroad. Depending on your medical needs, medications, and allergies, you may be able to pack a small emergency kit with just the essentials. Also, include your emergency contact information in the kit in case something serious happens and someone needs to call them.

For example, an EpiPen can be important if you have allergies or even a list of what your medications do. Someone may need to give you a specific pill if you can't direct them to do it.



## Wear medical socks

Deep vein thrombosis (DVT) happens more often in older people than you might think. It basically happens when the blood in your veins clots and turns black. To avoid this extremely unfortunate event, you should talk to your doctor about ways to prevent it. Compression stockings or medical socks are a great and safe solution because they apply pressure, bringing blood to the heart.

Also, take frequent breaks from sitting to keep the blood circulating in your legs. Move around as much as possible, but take short breaks throughout the day.

## Check support items

Not every place you travel to has accessibility for people with limited mobility or certain issues. There are a number of things you can check before you set off on your next trip. First, call the airline and make the necessary arrangements so you can get on and off the plane safely and comfortably. Then, call your hotel before you book to ask if they have elevators and facilities to accommodate seniors or people with disabilities.

If you need to bring medical equipment, check with the airport and airline about their requirements. You may also need to check the voltage required for your assistive devices.



## **Bring hand sanitizer**

Let's be real. Riding public buses, trains, and planes can be some of the dirtiest experiences around. And while on these vehicles, you may need to eat or touch your face. Don't do any of that unless you wash your hands with clean water and soap or sanitize them with hand sanitizer.

Also, depending on the country you are visiting, check the food and water conditions. For example, some countries have very unsanitary water sources and you should always drink bottled water to be safe.

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