Notice Before You Move

A travel checklist for any trip

A simple checklist for older travelers moving through hotels, buses, trains, city streets, and nature areas. Use it on any trip, in any season.

Before you go, write these down.

Local emergency number: _____

Hotel name and phone: _____

Guide or tour contact: _____

Travel insurance: _____

Before leaving the hotel

- ☐ Check the day's weather, temperature, wind, and rain.
- ☐ Wear shoes with good traction, not smooth soles.
- ☐ Bring a light warm or rain layer, even if the morning feels mild.
- ☐ Carry water, medications, and a small bag that leaves one hand free.
- ☐ Know how much walking, standing, and stair use the day may involve.

Ground and terrain

- ☐ Expect changes from smooth pavement to gravel, stone, grass, dirt, or wooden walkways.
- ☐ Slow down on wet leaves, moss, boardwalks, painted surfaces, and metal grates.
- ☐ On loose or uneven ground, take shorter steps and avoid rushing.
- ☐ Look down before stepping off a curb or edge.
- ☐ If the surface becomes steep, slippery, or uncertain, turn around or choose the easier route.

Weather, cold, and elevation

- ☐ Mountain areas can feel much colder than towns below.
- ☐ Cold, wind, and bulky clothing can change balance and walking speed.
- ☐ Plan outdoor walking for daylight. Paths are harder to read at dawn and dusk.

Buses and shuttles

- ☐ Wait until the bus is fully stopped before standing.
- ☐ Use the handrail every time you enter or exit.
- ☐ Keep one hand free. Do not step down carrying bags in both hands.
- ☐ Pause after stepping down before turning or walking away.
- ☐ Do not rush because the group is moving ahead.

Stop. Wait until the vehicle is still. **Look.** Check the step and ground. **Hold.** Use the handrail. **Step.** One steady step at a time.

Trains, stations, and escalators

- ☐ Allow extra time so you do not have to hurry for a train.
- ☐ Use railings on stairs.
- ☐ Stand still on escalators and hold the rail.
- ☐ Watch for platform gaps and changes in floor height.

Luggage and lifting

- ☐ Pause before lifting. Feet set, then lift.
- ☐ Lift with your legs and core, not your back.
- ☐ Keep the bag close to your body. Avoid twisting while you lift.
- ☐ Use elevators instead of carrying luggage on stairs.
- ☐ Ask for help with heavy bags and overhead racks.

Hotel rooms and bathrooms

- ☐ Keep luggage, shoes, and cords out of the walking path.
- ☐ Turn on a light before getting up at night.
- ☐ Check for thresholds, tub edges, and slippery floors.
- ☐ Use grab bars when available.
- ☐ Do not climb on chairs, beds, or luggage to reach something.

Nature areas and wildlife

- ☐ Check local advisories before trails, parks, or rural areas.
- ☐ Stay on established paths and travel with others.
- ☐ Follow local guidance on wildlife.
- ☐ Do not leave food or trash behind.

Quick body check

Before continuing, ask: **Am I tired, cold, sore, dizzy, rushed, or unsteady?** If yes, slow down, sit, rest, warm up, or change the plan.

Green	Yellow	Red
Comfortable and steady.	Slow down, modify, or rest.	Stop and get help.

> *The goal is not to keep up.*
> *The goal is to stay steady enough to enjoy the day.*

This checklist is general guidance for travel. It does not replace advice from your doctor. If you have health concerns, talk with your doctor before you travel.