

[TRAVEL4SENIORS.COM](http://TRAVEL4SENIORS.COM), the premiere senior travel website offering news, reviews, information, discounts and more, offers top ten health and safety tips for seasoned wanderers, for both health and happiness and stress-free family travel.

1.

DO YOUR HOMEWORK [Before you go](#) (consult with your doctor for potential problems)

2.

SEE YOUR DOCTOR. Book a senior health check-up. Get assurance that you're fit enough for

3.

TAKE EXTRA MEDICATION. If you take medication, be certain you take enough to cover the entire trip.

4.

INFORM FRIENDS AND FAMILY. Let neighbors and / or family know your travel plans to keep them informed.

5.

SHIP THOSE SUITCASES. Look into shipping your luggage thru a service like [Espeak.com](https://www.espeak.com).

6.

USE MODERATION with all food and liquid intake.

7.

BE CAREFUL about buying food or drinks from street vendors, even in areas where sanitation is

8.

**EXERCISE.** Instead of taking a bus or taxi, short strolls can make your sightseeing more leisurely.

9.

**DON'T BE A VICTIM.** Wearing expensive clothing or jewelry or showing physical limitations may attract unwanted attention.

10.

**HIDE YOUR MONEY.** Keep your wallet securely in an inside buttoned pocket or use a moneybelt.