

# Ten Summer Travel Health Tips for Seniors



[Steven Moneyworth](#).

Summer is a time when many seniors go on trips. The weather is nicer out, and often there is more to do. However, there are some specific health considerations that seniors need to keep in mind while traveling in the summer that other age groups do not. If you are a senior that is planning on traveling this summer, here are some tips on how to stay healthy during your summer travels.

## **Summer Travel Health Tip for Seniors #1 - Move Around During Long Trips**

If you are a senior traveling this summer, one thing that you should make sure to do is to move around on a regular basis. Walking around as you travel this summer will help to prevent the formation of DVTs, which are blood clots that can form in your legs if you are on long trips without walking around. These can become a serious, life-threatening problem. Make sure that you are active every couple of hours while traveling this summer to avoid this problem.

## **Summer Travel Health Tip for Seniors #2 - Have Others Know Where the AED is Located**

Many seniors have a history of heart problems. If you fall into this category and are traveling with others this summer, make sure that they know where the AEDs are and how to use them in case you have a heart attack. AEDs can be a lifesaver, and can prevent a summer trip from ending in tragedy.

## **Summer Travel Health Tip for Seniors #3 - Stay Hydrated**

Dehydration can be a very serious problem when traveling during the summer, so make sure that you carry a water bottle with you or drink regularly on travel breaks. Seniors are especially susceptible to both winter and summer weather, so drink water as you travel this summer to avoid heat stroke and dehydration.

## **Summer Travel Health Tip for Seniors #4 - Carry Extra Prescriptions**

It is not uncommon for seniors to be on several medications for different conditions. If this applies to you, make sure that you carry extra medication and extra [prescriptions](#) for medication in your carry-on luggage in case you are stranded while traveling this summer.

## **Summer Travel Health Tip for Seniors #5 - Make Sure that Hotel Accommodations are Senior-Accessible**

If you are a senior that has trouble with stairs, make sure that the hotel accommodations that you make for summer traveling are suitable for you. A fall down the stairs can lead to other serious health problems, so try to get information on where you'll be staying ahead of time when you travel this summer.

## **Summer Travel Health Tip for Seniors #6 - Take a Multivitamin**

Depending on where you're staying and what your funds are, you may or may not be able to have the most nutrient-rich foods while traveling this summer. If this is the case, take a daily multivitamin so that you have the nutrition you need to avoid illness during your summer travels.

## **Summer Travel Health Tip for Seniors #7 - Carry Identification and Medical Information on Your Person**

An important thing to do for your health while traveling this summer is to carry identification and medical information in an easily found place on your person, such as your wallet or in a fanny pack. This should include a driver's license, phone numbers of relatives, information about allergies and medical conditions, and any other relevant information. If you were to have a sudden medical problem, this would help to identify you and give a fast medical history to relevant personnel. This is part of summer travel health that is preemptive.

**Summer Travel Health Tip for Seniors #8 - Get Enough Sleep**

When traveling this summer, make sure that you get enough sleep. This will help to keep you from becoming sick and will allow you to more fully enjoy your summer trip during the day.

**Summer Travel Health Tip for Seniors #9 - Wash Your Hands**

Even though it is a very basic thing, washing your hands frequently can do a lot to prevent you from getting sick while traveling this summer. If you are staying in hotels and frequenting public places, you are coming into contact with a lot of germs from others. Washing your hands can prevent you from succumbing to illness as you travel this summer.

**Summer Travel Health Tip for Seniors #10 - Don't Overexert Yourself**

Prevention is the best medicine, so if you're feeling tired, fatigued, or short of breath, stop what you're doing right away. There's no reason to work yourself into a problem while traveling this summer, so just be aware of how you're feeling and pay attention to your body.