

Four travel tips for new retirees

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Retirement opens a new chapter of life with new adventures and exciting places to explore. In 2024, AARP estimated that two-thirds of Americans aged 50-plus planned to travel, with 37 percent taking at least one international trip.

That said, travel considerations evolve significantly throughout our lives and are influenced by age, mobility, and income. As we age, prioritizing safety, comfort, and accessibility can become paramount in the planning process.

Here are four tips to help you plan a safe and enjoyable trip:

1. Choose Your Destination Wisely

Weather can significantly impact your travel experience. Consider destinations with moderate climates to avoid extreme heat or cold. Remember to research seasonal variations at your chosen location.

Thoroughly research the safety and security of your chosen destination. Consider crime rates and political stability to help ensure a safe travel experience. Check websites like www.Travel.State.Gov that offer a list of

international travel advisories, vaccination requirements, and country details.

2. Prioritize Your Health and Accessibility

Discuss any pre-existing medical conditions with your physician and obtain necessary travel vaccinations and medications. Consider purchasing comprehensive travel insurance that covers medical emergencies, trip cancellations, and lost luggage. Pack light and bring comfortable, supportive shoes. Include essential medications for the length of your trip and any necessary mobility aids. Pack lotion to protect yourself from the sun's harmful rays, and increase your water intake.

Additionally, think about prioritizing accessibility. When traveling outside the U.S., destinations may have cobbled, uneven streets and hotels lacking elevators and air conditioning. Consider your accessibility when booking by searching for ground floor accommodations, elevators, air conditioning, and ramps. Choose locations that provide convenient transportation options such as taxis, ride share services, and public transit.

3. Travel Mindfully

Be mindful of your surroundings, especially in crowded areas. Utilize cross-body bags to keep your belongings close and deter pickpocketing. Reading reviews from other travelers, particularly those from fellow retirees, can provide valuable insights. You'll also want to avoid over-scheduling your itinerary to prevent burnout. Incorporate ample time for relaxation throughout the day and to mentally absorb your surroundings.

4. Spend Your Money Wisely

Pick a destination that aligns with your finances. Prices can vary significantly between cities and even within the same country. Create a realistic travel financial plan and stick to it. Pocket-friendly travel is possible when you identify economical accommodation options, utilize free activities, and seek out cost-friendly dining experiences. Look for free parks, walking tours, historical sites, hiking trails, and museums for affordable adventures.

If you feel overwhelmed by the planning process, consider enlisting the help of a travel professional. They can assist with itinerary planning and booking while providing valuable local insights, which can be well worth the cost.

By following these four tips, you can plan safe, enjoyable, and memorable trips, making the most of your retirement experience. You worked for it, now go enjoy it!

Not retired yet? To help plan the retirement of your dreams, speak to a financial advisor, and start planning today.

Need help with financial goal setting and accountability? Learn more about our Inspired Wealth program here: <https://www.liveinspiredwealth.com/offer>.

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