



With airline travel getting more crowded and confusing, seniors need to keep mind and body well prepared before boarding their flights. When packing your bags, keep in mind some simple, but necessary tasks. Before heading for the airport, eat light.

Carry medicated throwaway wipes to use on face and hands during your flight. Use a medicated mask when traveling in sneezy flu season. While waiting to board, stop in a terminal restroom. Aircraft toilets are not always in the the cleanest condition. After your flight lands, refresh in a terminal restroom before starting your trip home or to the destination city.