



Q: Recently retired and a widower, I'm still very active and physically fit. For years I've planned a solo trip, where I can backpack and roam freely by myself. My kids argue that it isn't a good idea for an old guy because of terrorism, crime and other potential problems. Are they right? *RL McN, Newport RI*

A: Of course, their concerns should be considered. Tho you say your health is OK, there's also the undeniable fact that aging affects all of our abilities. It can cause unexpected difficulties when traveling in unfamiliar surroundings.

We have some concerns about your health and safety. The absolute first task is to inform your family physician about details of your intended trip. Describe physical requirements, such as hiking, sightseeing, swimming, climbing and other activities. If you are OK, along with some advice on your limits, ask what prescriptions or other meds you should take along.

We also suggest that you consider making the solo trip a buddy journey. For many health and safety reasons, two seniors can take better care of themselves, as well as each other. For some fun ideas, check out the new TV reality series, "Better Late Than Never", about old guys, including Bill Shatner (Captain Kirk) and Henry Winkler (Fonzi), as they travel the world together.