



Greater Omaha
Chapter

Air Travel Safety Tips for Everyone, Including Seniors

Plan Your Trip

- Plan flexible travel dates
- Book travel using the internet or travel agent
- Make the airline aware of any special needs you have with regard to getting to and from gates, or during plane changes
- Have your doctor certify that you are 'fit to fly' if you have a medical condition.
- Obtain and carry copies of recent medical records, in the language of the nation you are traveling to.
- Use online check in up to 24 hours before your flight, or check in at the airport.

Packing

- Pack light. Choose clothing that has multiple purposes. Less is more.
- Know TSA Security Rules for packing checked and carry on luggage.
www.TSA.gov
- Know airline rules for checked and carry on bags
- In Your Carry On:
 - Copy of travel documents, itinerary, license, passport, etc.
 - Practice "3-1-1" for carry-on bags. This means all liquids or gels must be in a 3 ounce bottle or less (by volume) ; all liquids must be in a 1 quart-sized, clear, plastic, zip-top bag; limit 1 bag per passenger placed in screening bin.
 - All medications, and medical records
 - Maximum of 2 extra lithium batteries (each in a ziplock bag). Batteries installed in electronic devices don't count towards this limit.
 - A change of underwear
 - A change of clothes (if incontinent)
 - Cell phone, camera, film or extra cards
 - Jewelry & other valuables and irreplaceable
 - Hearing aid and batteries (note: new limitations are being imposed on carrying batteries on board aircraft)
 - Laptop computer
 - Book to read or activities to do

At the Airport

- Arrive early for your flight – if you hurry, you may fall
- Be prepared to clear security
 - Place ziplock bag with toiletries on the belt
 - Place computers / electronics in the last bin you send through
 - Wear comfortable, slip on shoes
 - Avoid jewelry and large metal belt buckles
- Maintain control of your carry on bags at all times
- Practice “situational awareness”
- Beware of scams in the airport
 - Someone creates a diversion (falls down, drops coins, etc.) while their ‘partners’ steal your bags, wallet, purse, etc.
- Carry just enough cash in small bills for tips, minor incidentals
- If you are traveling with someone, have them watch your bags when you use the restroom.
- Don’t sleep in airports unless someone is awake while you sleep.
- Carry purses in your hand, and place the strap over your neck. Choose a purse with a durable, substantial strap.
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On the Plane

- If you have requested special assistance, pre-board the aircraft
- Always try to choose the overhead bin directly above your seat for your belongings. If it is taken, use the space under your seat. If the bins are too small for your bag (regional jet) remove computer, book or activity, then “gate check” your bag. It will be returned to you at the gate when you deplane.
- Always keep your seat belt fastened, even in smooth air.
- Avoid alcohol on the plane.

At Your Destination

- Try to get to bag claim with the passengers from your plane.
- When you find your bags, make sure they are yours by actually reading the luggage tag or checking claim check numbers on the bag with your tickets.
- Always choose legitimate ground transportation – dedicated taxis or vans. Use the taxi stand at the airport. Avoid city busses or trains when traveling with baggage. Avoid offers for “rides”.
- Always practice “situational awareness”; be aware of who is around. Criminals generally rely on surprise.
- Once in your hotel, ‘check in’ at home
- Enjoy your trip!