



Suddenly Seventy








TSA Cheat Sheet for Travelers Over 60

(Because Security Lines Shouldn't Feel Like Boot Camp)


Before You Leave:

- ✓ **Pack smart:** Liquids must be under 3.4 oz and placed in a clear, quart-size zip-top bag.
- ✓ **Medications:** Allowed in reasonable quantities. Keep them in original containers and declare them.
- ✓ **Footwear matters:** Wear easy-on, easy-off shoes that are closed-toe, stable, and airport-floor-friendly.
- ✓ **Travel documents:** Keep ID and boarding pass in an easily accessible outer pocket.

At the Airport:

-  **Keep your shoes on:** TSA now allows travelers 75+ to keep shoes, light jackets, and belts on.
-  **Germ-free zone:** Bring wipes to clean bin handles. Avoid placing your personal items directly into bins.
-  **Need help?** TSA Cares offers assistance for seniors and people with medical conditions (call 72 hours ahead: 855-787-2227).
-  **Medical devices?** Let the agent know in advance. You can request a private screening if needed.
-  **Put the phone away:** Distraction is a security risk. Stay alert in line and after you clear the checkpoint.
-  **Don't hang your bag on a chair:** Thieves work in teams and love distracted tourists.
-  **Prohibited surprises:** No gel candles, large aerosol cans, or tools longer than 7 inches.
- Is your connecting flight 2 terminals and 8 miles away? Ask an airport official to call for a ride on one of their golf carts. They will get you to your next gate in a jiffy.

Bonus Pro Tip:

-  **Global Entry / TSA PreCheck:** Worth every penny. Speed through security with your dignity intact.