



LONDON PRE-TRAVEL PLANNING GUIDE

Discover Live x Senior Planet from AARP

July 17 **Session Date:** _____  **Your Name:** _____

WELCOME & HOW TO USE THIS GUIDE

Print these pages before the session and follow along as our guide covers each section. Take notes in the spaces provided, check off items on your planning checklist, and keep this as your reference for trip planning.

TODAY'S 60-MINUTE AGENDA

- Opening (8 min)** - Why London is magnificent
- Destination Immersion (12 min)** - Culture, history, what makes London special
- Must-See Experiences (12 min)** - Top 3 iconic sites + hidden gems
- Practical Tips (15 min)** - Getting around, where to stay, safety, packing
- Insider Secrets (8 min)** - Money-saving tips, best food, local favorites
- Closing & Next Steps (5 min)** - Your action plan
- Q&A (10 min)** - Your questions answered

MUST-KNOW BEFORE YOU GO

QUICK FACTS

- **Language:** English (various accents)
- **Currency:** British Pound (£) | **Best Time:** April-June or September-October
- **Getting Around:** Excellent public transport (Tube, buses); very walkable
- **Accessibility:** Good overall; step-free Tube access at many stations

HELPFUL BRITISH TERMS

| British | American |
|------------------|-----------------------|
| Loo | Restroom |
| Queue | Line (waiting) |
| Lift | Elevator |
| Tube/Underground | Subway |
| Chemist | Pharmacy |
| Bill | Check (restaurant) |
| Cheers | Thanks/Goodbye |

IMPORTANT TO KNOW

- Look right when crossing streets (traffic comes from opposite direction)
- Stand on the right on escalators (walk on the left)
- Use Oyster card or contactless payment for Tube/buses
- Many museums are FREE (British Museum, National Gallery, Tate Modern)
- Tipping: 10-15% at restaurants if service not included



DESTINATION IMMERSION NOTES

Why London is Special:

Best Time to Visit & Why:

MUST-SEE EXPERIENCES

TOP 3 ICONIC EXPERIENCES

#1: _____

Why it matters: _____

Pro tip: _____

Best time: _____ Accessibility: _____

My priority: ★★★★★ (circle)

#2: _____

Why it matters: _____

Pro tip: _____

Best time: _____ Accessibility: _____

My priority: ★★★★★ (circle)

#3: _____

Why it matters: _____

Pro tip: _____

Best time: _____ Accessibility: _____

My priority: ★★★★★ (circle)

HIDDEN GEMS (Where Locals Go)

Gem #1: _____

Notes: _____

Gem #2: _____

Notes: _____

PRACTICAL PLANNING - TRANSPORTATION & ACCOMMODATIONS

GETTING THERE & AROUND

From Airport to City: Option 1: _____ Cost: _____ Time: _____

Option 2: _____ Cost: _____ Time: _____

Guide's recommendation: _____

Getting Around London:

- Tube (Underground)** - Best for: _____
- Buses** - Good for: _____
- Black Cabs** - When to use: _____
- Walking** - Very walkable in central areas
- Senior Discounts:** _____
- Scams to Avoid:** _____

WHERE TO STAY

Neighborhood #1: _____

Best for: _____

Neighborhood #2: _____

Best for: _____

Neighborhood #3: _____

Best for: _____

My Top Choice: _____

Hotels to Research:

1. _____
2. _____
3. _____

PRACTICAL PLANNING - SAFETY, HEALTH & PACKING

SAFETY GUIDANCE

Areas to Avoid / Times to Be Cautious:

Common Scams & How to Avoid:

Guide's Safety Tips:

HEALTH ESSENTIALS

Vaccinations Needed: _____

Food & Water Safety: Tap water safe; food standards high

Medication Tips: Bring 30% extra supply in original containers Pack in carry-on (not checked luggage) Bring copies of prescriptions

PACKING ESSENTIALS

- Comfortable walking shoes
- Layers (weather changes quickly)
- Rain jacket or umbrella (essential!)
- Light sweater even in summer
- Type G power adapter (3-prong, 230V)
- Medications (30% extra)
- Small crossbody bag
- Comfortable clothes for walking

INSIDER SECRETS

💰 MONEY-SAVING TIPS

Senior Discounts:

- _____
- _____

Free Experiences:

- _____
- _____

Best Value Tips: _____

🍽 MUST-TRY FOODS & WHERE

Dish #1: _____ Where: _____

Dish #2: _____ Where: _____

Dish #3: _____ Where: _____

Best Afternoon Tea: _____

Guide's Favorite Pub: _____

🎭 CULTURAL DO'S & DON'TS

DO: _____

DON'T: _____

😊 GUIDE'S SECRET SPOTS

Favorite spot: _____

Best view/photo location: _____

The thing nobody tells you: _____

YOUR PRE-TRIP CHECKLIST

8-12 WEEKS BEFORE

- Check passport (valid for duration of stay)
- Consult healthcare provider
- Book flights (direct recommended)
- Purchase travel insurance
- Book hotel in recommended neighborhood

4-6 WEEKS BEFORE

- Notify credit card companies of travel dates
- Pre-book popular attractions (Tower of London, Westminster Abbey, theater)
- Research theater shows and book tickets
- Begin packing list

2-3 WEEKS BEFORE

- Fill prescriptions (30% extra in original containers)
- Make copies of passport, insurance, itinerary
- Share itinerary with family/friend
- Download apps: Citymapper, Tube Map, Google Maps
- Check weather forecast
- Research restaurants

1 WEEK BEFORE

- Confirm flight, hotel, attraction tickets
- Set up international phone plan or research local SIM
- Pack carry-on: medications, documents, change of clothes
- Charge devices, pack Type G adapter (230V)
- Exchange small amount for pounds or plan ATM use
- Arrange home care (mail, pets, plants)

DAY BEFORE

- Finish packing
- Check in for flight online
- Double-check carry-on has medications and documents
- Get a good night's sleep!

PACKING LIST

- Comfortable walking shoes (2 pairs)
- Layered clothing (weather changes)
- Rain jacket or umbrella
- Light sweater/cardigan
- Type G electrical adapter (3-prong, 230V)
- Small crossbody bag/day pack
- Medications in original containers (30% extra)
- Copies of prescriptions
- Sunscreen (yes, even in London!)
- Refillable water bottle
- Passport copy (separate from actual)
- Travel insurance documents
- Credit cards + small amount of pounds

SAMPLE ITINERARIES

3-DAY ITINERARY

Day 1: Westminster (Big Ben, Parliament, Westminster Abbey) • Thames walk • Traditional pub dinner

Day 2: Tower of London (early) • Tower Bridge • Borough Market lunch • Afternoon tea

Day 3: British Museum • Covent Garden • West End theater show

5-DAY ITINERARY

Days 1-3: Same as above

Day 4: Buckingham Palace (Changing of Guard) • St. James's Park • National Gallery • Trafalgar Square

Day 5: Notting Hill/Portobello Market • Kensington Palace • Harrods or V&A Museum

7-DAY ITINERARY

Days 1-5: Same as above

Day 6: Day trip to Windsor Castle OR Greenwich (Royal Observatory, Cutty Sark)

Day 7: Camden Market • Regent's Park • Last-minute shopping • Farewell dinner

ACCESSIBILITY NOTES

- Many Tube stations have step-free access (check TfL website)
- All black cabs wheelchair accessible
- Most major attractions have elevators/ramps
- Request accessible rooms when booking hotels
- London generally very accessible for mobility aids

BUDGETING GUIDE

Meals: £30-50/day | **Attractions:** £15-30 each (many free!) | **Transport:** £10-15/day

RESOURCES & YOUR NOTES

HOTELS TO RESEARCH

Westminster: Premier Inn, Hilton London Paddington (accessible)

Covent Garden/West End: Central, near theaters

South Kensington: Museum district, quieter

Booking Sites: Booking.com, Hotels.com

RESTAURANTS

Traditional British: Rules (Covent Garden), The Ivy

Afternoon Tea: The Wolseley, Fortnum & Mason

Pubs: The Churchill Arms, The Harwood Arms

Budget: Pret A Manger, Dishoom

ESSENTIAL APPS

- Citymapper (navigation - excellent for London!) TfL Oyster (Tube/bus payments) Trainline (train bookings) OpenTable (restaurant reservations)

MUST PRE-BOOK *Book 2-4 weeks ahead*

Tower of London: www.hrp.org.uk/tower-of-london

Westminster Abbey: www.westminster-abbey.org

Theater Tickets: www.officiallondontheatre.com

YOUR QUESTIONS FOR THE GUIDE

1. _____
2. _____
3. _____

YOUR IMPORTANT NOTES

YOUR TRIP GOALS

NEXT STEPS AFTER TODAY

- Complete pre-trip checklist
- Book flights/hotel if not done
- Pre-book Tower, Westminster, theater
- Get Oyster card info or plan contactless payment
- Share itinerary with family

Questions? Contact: support@discover.live

Thank you for exploring London with us!

Discover Live × Senior Planet from AARP

EMERGENCY CONTACTS

PRINT & KEEP IN YOUR WALLET

EMERGENCY SERVICES Emergency: **999 or 112** | Non-Emergency Police: **101** |
Non-Emergency Medical: **111**

MEDICAL St. Thomas' Hospital: Westminster Bridge Rd, +44 20 7188 7188

University College Hospital: 235 Euston Rd, +44 20 3456 7890

24-Hr Pharmacy: Boots Piccadilly Circus, +44 20 7734 6126

U.S. EMBASSY LONDON 33 Nine Elms Lane, London SW11 7US | +44 20 7499 9000

Emergency After-Hours: +44 20 7499 9000

TRANSPORTATION Black Cabs: Hail on street or +44 871 871 8710 **Uber:** Available via app

MY INFORMATION

Hotel: _____

Address: _____

Phone: _____

Emergency Contact: _____

Phone: _____