



TRAVEL ESSENTIALS

DOCUMENTS:

READY **PACKED**

List of prescriptions, dosages, and pharmacies in case of emergency

Letter from Dr. showing treatment and ability to travel

Flight details

Accommodation details

Transportation/rental details

Passport/visa/currency exchanges

EZPass or similar highway toll saver

Wallet, license, credit cards, and cash

List of emergency contacts in wallet

CLOTHES:

Casual shirts, pants, shorts

Dress clothes

Underwear and socks

Something to sleep in

Swimwear

Jacket and cap

Casual and dress shoes

TOILETRIES:

Medications and vitamins

Soap, shampoo, conditioner

Toothbrush and toothpaste

Brush and hair stuff

Makeup and sunscreen

Jewelry

Deodorant

ELECTRONICS:

Laptop, tablet, phone

Chargers for devices

Camera and batteries

Wheelchair charger

Stim and charger

FOOD AND OTHER:

Drinks and snacks for the road

Extra pillows

Shower stool

THINGS TO DO BEFORE I LEAVE:

Do laundry and clean house

Water the plants

Unplug electrical devices

Make care plan for pets

Take out trash (check the fridge!)

Turn off water on second floor
