



BEFORE leaving

- | | | |
|---|---|--|
| <input type="checkbox"/> Check med supply* | <input type="checkbox"/> Call assistive devices rental company for reservations | <input type="checkbox"/> Check in for flight online |
| <input type="checkbox"/> Get doctor's note signed* | <input type="checkbox"/> Check if refrigerator in hotel (for biologics) | <input type="checkbox"/> Set alarm |
| <input type="checkbox"/> Doctor's contact info | <input type="checkbox"/> Check IDs expiration dates | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Emergency contact info | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pharmacy contact info | <input type="checkbox"/> Check weather forecast | <input type="checkbox"/> Arrange pet sitter/house sitter |
| <input type="checkbox"/> Order/Pick up Rx | <input type="checkbox"/> Charge electronics | <input type="checkbox"/> Water plants |
| <input type="checkbox"/> Copy Rx and doctor's note for airport* | <input type="checkbox"/> Print up itinerary | <input type="checkbox"/> Hold mail |
| <input type="checkbox"/> Research pre-boarding process* | | <input type="checkbox"/> Pay bills in advance |
| <input type="checkbox"/> Research airline luggage policy | | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Research hotel assistive devices | | <input type="checkbox"/> _____ |

* For longer/international trips, check supply and bring a few extra days of dosage. You may need to contact insurance company and pharmacy for extra supply approval. Also, a medical note may be required to transport some medications, needles, etc. **IMPORTANT: Put medications in carry on luggage.**

PACKING LIST

- | | | |
|---|---|---|
| <input type="checkbox"/> Jacket | <input type="checkbox"/> Moisturizer | <input type="checkbox"/> Cane |
| <input type="checkbox"/> Jeans | <input type="checkbox"/> Body lotion/cream | <input type="checkbox"/> Walker |
| <input type="checkbox"/> Tops | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Wheelchair |
| <input type="checkbox"/> Dress outfit | <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Scooter |
| <input type="checkbox"/> Sweatshirt/loose top | <input type="checkbox"/> Toothpaste | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Undergarments | <input type="checkbox"/> Floss | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Razor | |
| <input type="checkbox"/> Comfy shoes | <input type="checkbox"/> Shaving cream | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Rain gear | <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Headphones |
| <input type="checkbox"/> Wide rim hat | <input type="checkbox"/> After-sunscreen lotion | <input type="checkbox"/> Phone |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Lip balm | <input type="checkbox"/> Electronic chargers |
| <input type="checkbox"/> Watch | <input type="checkbox"/> Tweezers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SPF clothing | <input type="checkbox"/> Nail clippers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> Glasses/contacts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> Hand sanitizer | |
| <input type="checkbox"/> _____ | <input type="checkbox"/> Soft washcloth | <input type="checkbox"/> Wallet |
| | <input type="checkbox"/> Soft towel | <input type="checkbox"/> Identification |
| <input type="checkbox"/> Facial cleanser | <input type="checkbox"/> _____ | <input type="checkbox"/> Reservation numbers |
| <input type="checkbox"/> Shampoo/Conditioner | <input type="checkbox"/> _____ | <input type="checkbox"/> Confirmation numbers |
| <input type="checkbox"/> Hair products | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hair dryer* | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

* Most hotels have hair dryers; may not be needed.

Enjoy Your Trip!