



MultipleSclerosis.net

THE ULTIMATE TRAVEL CHECKLIST

Trip Name: _____

BEFORE leaving:

- | | | |
|---|--|--|
| <input type="checkbox"/> Check dosage of medicines* | <input type="checkbox"/> Update TRIP IT app with itinerary | <input type="checkbox"/> Arrange for a pet sitter |
| <input type="checkbox"/> Order / Pick Up RX at pharmacy | <input type="checkbox"/> Sync up music, books, etc. | <input type="checkbox"/> Buy cat food, cat litter, treats |
| <input type="checkbox"/> Get doctor's note signed* | <input type="checkbox"/> Charge all gadgets: | <input type="checkbox"/> Buy snacks for plane |
| <input type="checkbox"/> Laundry!!! | <input type="checkbox"/> Headphones | <input type="checkbox"/> Water plants |
| <input type="checkbox"/> Buy hearing aid batteries | <input type="checkbox"/> Battery booster | <input type="checkbox"/> Pay bills (in advance) |
| <input type="checkbox"/> Call bank, credit cards | <input type="checkbox"/> Camera | <input type="checkbox"/> Get out travel cubes/packs |
| <input type="checkbox"/> Research pre-boarding process | <input type="checkbox"/> Computer | <input type="checkbox"/> Check the weather! |
| <input type="checkbox"/> Check passport exp. date | <input type="checkbox"/> Other | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Check in for flight! | <input type="checkbox"/> _____ | <input type="checkbox"/> SET ALARM FOR EARLY FLIGHTS! |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> Get plenty of rest |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> Drink plenty of fluids |

**For longer and/or international trips, check supply. May need to call insurance companies and pharmacies for extra supply approvals. Also, a medical note may be required to transport needles, etc.*

PACKING LIST

As you put these items into your suitcase, simply check it off the list

Note: to reduce the travel stress, it may be better suited to pack a few days in advance (vs. the night before)

- | | | |
|--|---|--|
| <input type="checkbox"/> Phone | <input type="checkbox"/> Cleanser/Face soap | <input type="checkbox"/> Jeans (2) |
| <input type="checkbox"/> Headphones | <input type="checkbox"/> Moisturizer | <input type="checkbox"/> Jacket |
| <input type="checkbox"/> iPad | <input type="checkbox"/> Good Genes treatment | <input type="checkbox"/> Tops (2) |
| <input type="checkbox"/> MacBook | <input type="checkbox"/> Tidal Water Cream | <input type="checkbox"/> Sweatshirt |
| <input type="checkbox"/> Camera | <input type="checkbox"/> Luna night oil | <input type="checkbox"/> PJ's |
| <input type="checkbox"/> Memory cards | <input type="checkbox"/> Eye cream | <input type="checkbox"/> Underwear (3) |
| <input type="checkbox"/> Camera bag | <input type="checkbox"/> Body Lotion | <input type="checkbox"/> Socks (3) |
| <input type="checkbox"/> POLAROID camera | <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Slippers |
| <input type="checkbox"/> POLAROID film | <input type="checkbox"/> Tweezers | <input type="checkbox"/> Sneakers |
| <input type="checkbox"/> Bag O' chargers*: | <input type="checkbox"/> Nail clippers | <input type="checkbox"/> Converse |
| <input type="checkbox"/> Headphone charger | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Black hightops |
| <input type="checkbox"/> MacBook charger | <input type="checkbox"/> Lip balm / Chapstick | <input type="checkbox"/> Yoga pants |
| <input type="checkbox"/> Camera charger | <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Gym clothes |
| <input type="checkbox"/> Cellphone charger | <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Warm clothing (?) |
| <input type="checkbox"/> Battery boost charger | <input type="checkbox"/> Dental floss | <input type="checkbox"/> Rain gear (?) |
| <input type="checkbox"/> _____ | <input type="checkbox"/> Shampoo/Conditioner | <input type="checkbox"/> Cold clothing (?) |
| <input type="checkbox"/> _____ | <input type="checkbox"/> Razor | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> Hair spray / pomade | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> Hair dryer* | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> Mini hair clip(s) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> Perfume stick | <input type="checkbox"/> _____ |

**For ease of use, put all chargers in one bag*

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

**Put all clothing items into travel cubes/packs*

MEDICAL

Update to suit your needs & requirements

- Hearing aid box
- Hearing aid batteries
- Medicine bag
- Vitamin D
- Fish oil
- Doctor's note for needles, etc.
- Walking stick / cane
- Ice packs
(for warmer climates)
- Pill boxes
(pre-filled with daily dosages)
- Printed list of all current medications
- RX 1 _____
- RX 2 _____
- RX 3 _____
- _____
- _____
- _____

IMPORTANT

Put medications in carry on luggage

DOCUMENTS

If using an app, some of this may not apply

- Driver's license
- Passport
- Wallet!
- Credit Card's
- Insurance card(s)
- Flight ticket #'s and itinerary
- Hotel information
- Car rental information
- Business cards
- _____
- _____

OTHER

- _____
- _____
- _____
- _____
- _____

MISC

For everything else!

- Umbrella
- Pen/Pencil
- Journal / notebook
- Altoids
- POST-ITS
- Guidebook(s)
- Snacks
- Presents!
- Travel pillow
- Canvas bag (for shopping)

Art Supplies:

- pencil(s)
- eraser
- glue stick
- colored pencils
- pencil sharpener
- _____
- _____
- _____

Enjoy Your Trip!