



# 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"/> <b>SET ALARM FOR EARLY FLIGHTS!</b> |
| <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!**