

Travel Checklist:

- Written Copy of Your Medical History or Summary from Your Doctor
- All Medication and Medical Supplies (create a separate list of individual medicines to help keep organized)
- Find your local hospital at the places you will visit or spend time (if you have a special condition, call ahead to make sure the staff is familiar with and can accommodate your needs)
- Approval for travel by doctor
- Travelers medical insurance
- Educate your travel companions in case of emergency
- Ear plugs
- Eye mask
- Hand sanitizer
- Phone Charger
- Good Book
- Headphones



7.1

chronic
disease
day

care. commit. connect.