

A Caregiver's Travel Guide & Checklist

Following these tips and checklist will enable you as a caregiver and your care recipient to relax and have a more enjoyable vacation or trip.

- Let the care-receiver's primary doctor know of your travel plans ahead of time and investigate physician availability where you will be staying.
- When making travel arrangements, be sure to call ahead for any assistance or special accommodations that may be necessary.
- Carry medical alert information, preferably in a place that is easily accessible like a wallet, necklace, or close to your identification.

General Items

_____ Passport (with visas)
_____ Wallet
_____ ID Card with Picture
_____ Guide Books and Maps
_____ Cash
_____ Travelers Checks
_____ Itinerary
_____ Hotel Confirmation
_____ Rental Car Confirmation
_____ Emergency Phone Numbers
_____ Calling Cards
_____ Reading Materials
_____ Playing Cards
_____ Luggage Locks & ID Tags
_____ Appropriate Clothing
_____ Comfortable Footwear
_____ Swim Suit
_____ Hat
_____ Glasses/Sunglasses
_____ Rain Protection
_____ Travel Alarm Clock
_____ Camera/Film

Toiletries

_____ Comb/Brush
_____ Toothbrush/Paste
_____ Dental Floss
_____ Shampoo/Conditioner
_____ Soap (laundry & bath)
_____ Blow Dryer
_____ Deodorant
_____ Lotions/Creams

_____ Suntan Lotion

_____ Cologne
_____ Shaving Cream/Supplies
_____ Lip balm
_____ Towelettes

_____ Towel/Washcloth
_____ Earplugs

Medication

_____ First Aid Kit
_____ Aspirin/Pain Reliever
_____ Cold/Sinus Medication
_____ Motion Sickness Medicine
_____ Prescription Medications