The following is a list of travel items we recommend taking with you while traveling to ensure your comfort and safety during a trip. Be sure to consider individually each family member’s needs, the mode of transportation you’ll use, and any other traveling needs specific to the area you’re visiting.

**TRAVEL PREPAREDNESS Checklist**

**First Aid**
- First Aid Kit (Travel Size) and Supplies
- Important Medications
- Antacids
- Pain Reliever
- Motion Sickness Medication or Remedy
- Hand Sanitizer
- Bite and Sting kit (or Sting Relief Wipes)
- Basic First Aid Booklet
- Sterile Eye Wash
- Insect Repellent
- Sunscreen
- Sunburn Rescue (Burn-free)
- Lip Balm
- Anti-Diarrheal Medication

**Sanitation**
- Personal hygiene items (toothbrush, toothpaste, soap, shampoo, Feminine hygiene products, etc.)
- Child care items (diapers, wipes, diaper rash cream, changing pads, etc)
- Wash cloths (like aqua towels)
- Towels
- Sanitation wipes
- Laundry bag, laundry kit (travel-sized detergent, stain sick, etc.)

**Food & Water**
- Emergency Food (calorie food bars or MREs—car or plane travel. TSA approves MREs for carry-ons and checked luggage)
- Snacks (FYI: salty snacks can trigger motion sickness and thirst)
- Child care items (formula, milk, snacks, etc.)
- Water (pre-packaged or bottled for car travel, or refillable for plane travel.)
- Water filtration and purification gear (especially for international travel)

**Clothing**
- Rain Gear (umbrella, rain coat with hood, boots, poncho, etc.)
- 1-2 extra outfits
- Jacket (other clothes appropriate for the region/season you’re traveling to)
- Sun hat or baseball cap
- A good pair of walking or tennis shoes
- An extra pair of sturdy shoes (like hiking boots)

**Documents**
- Tickets
- State-Issued I.D.
- Copies of important documents (I.D. Social security card passport, tickets, etc)
- Contact list (emergency phone numbers and contacts)
- Printed map of the area (in addition to your GPS)
- Health Insurance Card (make sure your insurance covers you out of state)
- Traveler’s insurance card

**Stress Relievers**
- Games, books, hard candy, inspirational readings, pen and paper or journal.
- For children: small toys, books, paper and pen, favorite security items

**More Emergency Supplies**
- Small emergency kit or survival pack like the SOL Origin
- Flashlight (hand cranked or battery powered)
- Extra batteries
- Lightstick
- Headlamp
- Sewing kit
- Day pack or backpack
- Compass
- Duct Tape (for repairs)
- Shelter (tent, plastic sheet)
- Warmth or cooling items (hand and body warmers, fire starters, matches, wool blend blanket, instant ice packs, fan)

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