

TRAVEL PREPAREDNESS Checklist

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.

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

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

Additional Items to Have

- Extra pair of glasses, extra contact lenses and solution
- Eye glass repair kit
- Ear plugs
- Plastic gallon-sized garbage bags, etc.

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 stick, etc.)

Communications

- Cell phone
- Cell phone charger
- Whistle with neck cord (can be heard over highway)
- Red Cross mobile apps (for updates and info in case an emergency happens in the area you're visiting)
- Small portable radio (battery-powered or hand-cranked) with NOAA weather bands

Special Items for International Travel

- Passport
- Extra Passport Photo
- Water purification/filtration method
- Security Pouch (worn under clothes) or money belt
- Voltage converter
- Adapter plugs for foreign outlets
- Special medications for out of country visits
- Calling card (good for US travel as well)

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)

Money

- Cash
- Traveler's checks
- Debit or credit cards
- Personal checks
- Gift cards or reloadable credit cards (if you're worried about your card getting lost or stolen)

Special Items for Car Travel

- Extra set of car keys
- Car Emergency kit
- Flashlight (hand cranked or battery powered)
- Extra batteries
- Blanket
- Jumper Cables
- Motor Oil
- Coolant, Anti-Freeze
- Window washing fluid
- Spare tire, ready-to-use
- Sand or kitty litter (for winter travel)
- Shovel
- Tools

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)

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)