TRAVEL PREPAREDNESS CHECKLIST

The Following is a list of travel items we recommend taking with you while travelling 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 sized) 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 Repellant
- ❑ Sunscreen
- ❑ Sunburn Rescue (Burnfree)
- ❑ Lip Balm
- ❑ Anti-Diarrheal medication

DOCUMENTS

- ❑ Tickets
- ❑ State-Issued I.D.
- ❑ Copies of important documents (I.D., Social Security card, passport, tickets, etc.)
- ❑ Pictures of travel companions (in case someone gets lost, separated, 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 bags, 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 AND 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)

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Emergency Essentials