



Quick Travel Preparation Checklist

Patient Information			
Emergency Contact Name and Phone:			
Healthcare Provider Name and Phone:			
Health Insurance Information:			
Medical Conditions:			
Allergies:			
Medications:	Dosage:	Date:	Time:

Before My Trip	
	Consult with my healthcare provider about travel plans and obtain medical clearance
	Check medication supply and refill all necessary medications including extra doses
	Research and purchase travel insurance that covers medical emergencies, hospital visits, and medication replacement if needed
	Check international medication regulations (if traveling abroad)
	Verify vaccination requirements
	Identify healthcare facilities along your travel route and at your destination
	Call ahead for a refrigerator in my room (if needed for refrigerated medications)
	Map out rest stops
	Contact TSA Cares if needed at (855) 787-2227

Packing Checklist

	All medications in original packaging
	Portable cooler or travel case
	Syringes, infusion supplies, or other necessary devices
	Health insurance card(s) and travel insurance details
	Travel pillow, blanket, and comfort items
	Snacks and bottled water
	Hand sanitizer and disinfecting wipes
	Travel-size first aid kit

More Detailed Tips to Help You Prepare for a Stress-Free Journey

Before You Travel:

- Check with your doctor to confirm you're cleared to travel
- Make sure you have enough medication for your trip, plus a few extra days' supply in case of delays. You may need to give us a call for an early refill or to make sure that a refill isn't due while you're gone.
- Be mindful of temperature-sensitive medications. Pack a cooler and/or request refrigeration at your destination.
- Identify hospitals, pharmacies, and infusion centers at your destination in case you need medical assistance.
- Carry a detailed list of your medications, prescription details, a doctor's note, and your insurance card.

Traveling by Ground (Car, Train, or Bus):

- Identify rest stops along your route
- If traveling by car, avoid leaving medications in extreme temperatures.
- Pack essentials like snacks, bottled water, hand sanitizer, and any necessary medical supplies

Traveling by Air:

- The Transportation Security Administration (TSA) allows medically necessary liquids, gels, and cooling packs in carry-on luggage. Keep medications in their original packaging with your name, doctor's name, and the prescription information printed on the bottle, and carry a doctor's note if necessary
- Contact TSA Cares if you need assistance during airport security screenings 72 hours before your flight. Their helpline is (855) 787-2227.
- Always keep your medication in your carry-on in case your luggage is lost
- Arrive early to the airport to allow time for security checks, and inform TSA agents about any medical equipment or supplies you're carrying
- Drink plenty of water, stretch and get up and walk around regularly. Staying hydrated and mobile may help prevent blood clots, which can develop during long flights.



TSA Cares

International Travel Considerations:

- Confirm that your medications are allowed in your destination country by checking with the U.S. Embassy.
- Depending on your destination, you may need additional vaccinations
- You may need travel insurance that covers medical emergencies abroad. This would cover medical emergencies, hospital visits, and medication replacement if needed.

**With proper planning, you can travel with confidence while still managing your health.
Safe travels!**