

Essential Travel Checklist for Chronic Illness & Disabilities

Print this checklist before your trip to help you stay prepared, organized, and ready for adventure — no matter what your health throws at you!

Medications & Medical Supplies

- ☐ All daily medications (in original prescription bottles)
- ☐ Rescue medications (e.g., seizure meds, migraine meds, EpiPen)
- ☐ Doctor's note explaining medications and medical condition(s)
- ☐ Extra supply (in case of travel delays)
- ☐ Medical alert bracelet or card
- ☐ Pill organizer (optional, for hotel use only)
- ☐ Copy of prescriptions (printed and digital)

Documentation

- ☐ Copy of health insurance card
- ☐ Doctor's letter describing condition(s) and treatment
- ☐ List of emergency contacts
- ☐ Travel insurance policy (if applicable)
- ☐ Medical history summary (digital or printed)

Mobility & Comfort

- ☐ Wheelchair/scooter (or rental confirmation)
- ☐ Cane or walker (if used)
- ☐ Compression socks or braces (if needed)
- ☐ Neck pillow and lumbar support for flights
- ☐ Cooling towel or hot packs (depending on needs)
- ☐ Noise-canceling headphones and eye mask

Snacks & Hydration

- ☐ High-protein snacks (nuts, bars, etc.)
- ☐ Electrolyte drink or powder
- ☐ Reusable water bottle

- ☐ Easy-to-digest snacks for flare days

Emergency & Comfort Items

- ☐ Medical emergency plan or instructions
- ☐ Flashlight (for light sensitivity or emergencies)
- ☐ Basic first aid kit
- ☐ Sanitizing wipes and face masks
- ☐ Blanket or shawl for temperature changes

Digital Essentials

- ☐ Phone with emergency contact info set up
- ☐ Health tracking apps (seizure/migraine trackers, etc.)
- ☐ Backup battery/portable charger
- ☐ Destination-specific emergency numbers saved
- ☐ Digital copies of ID and medical documents