

Trip Planning

REMEMBER TO BRING:

- Prescriptions and medications in prescribed bottles.
- List of medications, doses and schedule.
- List of medical conditions.
- Copy of EKG and other pertinent test results.
- Portable safety equipment.
- Bathing, incontinence and oral care products.
- Copies of insurance card and benefits booklet.
- Card with next-of-kin contact information.
- Extra pair of eyeglasses or prescription.
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BEFORE YOU LEAVE:

- Alert doctor of travel plans; request necessary immunizations.
- Check insurance policy for emergency plan of action.
- Arrange for doctor appointments at destination, if necessary.
- Ensure that the airplane has a defibrillator aboard.
- Alert travel agent or reservationist of special needs, including wheelchair transportation, special meals and hotel accessibility.