

TRAVEL CHECKLIST

It is okay to overpack! It's better to be overprepared than underprepared.

- Medications
- List of medications and allergies
- Medical documents (if applicable)
- Backup pumps, chargers, batteries
- Medical equipment
- Ventilator
- Humidifier
- O₂ machine/tanks
- COVID vaccination card
- Insurance cards
- Photo ID
- Second form of ID
- Letter from physician allowing an extra bag for air travel
- Handicap placard if traveling by vehicle
- Pre-packed hospital bag (essentials: toothbrush, clothes, etc.)
- Trash can for medical waste
- Cooler to keep medications at proper temperature
- Vomit bags
- Hand sanitizer/disinfectant wipes
- Thermometer
- Position pillows and blanket
- Extension cords and power strips
- Snacks! (sugar, protein, salt)
- Drinks or mixes with electrolytes
- An extra week supply of medications

ADVICE TO NEW PATIENT TRAVELERS

From Fellow Patients

- Practice packing at home! Put a suitcase together and only use those items for a week. This will help you figure out what you may be missing. Think: What do you use at home? What do you use daily? What do you use occasionally?
- Schedule extra days on your trip if possible. If you are traveling on a 2-day event, give yourself 1-2 extra days so you can rest before and after. Also, it is highly recommended to take an extra day off after you have arrived home.
- Ask your doctor if they have an emergency number to reach them after hours. Is there a line you can call to page them at home? Are they okay giving their personal email or cell for emergencies only?
 - If driving or flying somewhere with a layover, think of people you may know along the route in case of an emergency.
- Flying may be easier for people and their energy needs; for others, driving is better. Try different things to see what works best for you and adapt or change these plans as your health changes.
- Make sure to time your medications right. Try to get prescriptions written in 90-day supplies or get new prescriptions written a week or two early.
 - Using a national pharmacy may make it easier to have prescriptions filled in an emergency.
- If traveling by airplane, calling TSA Cares is highly recommended. The service may vary by state and airport; but, overall, this has been a great help to many patients with mitochondrial disease.

TSA Cares

<https://www.tsa.gov/travel/passenger-support>

(855) 787-2227