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Checklist for traveling

When traveling, whether it's an overnight trip or not there are some things you want to make sure to take with you.

- Clothes- Even if you're not planning on being gone overnight extra clothes are always a good idea in case of spills and accidents.
- Toothbrush
- Catheters
- Medication
- Hairbrush/Comb
- Hygiene items- Deodorant, toothpaste, soap etc.
- Glasses/Contacts- Contact lens solution and saline
- Money- Debit/Credit card
- Cell phone
- Sunglasses

When traveling alone there are some extra precautions you want to take:

- Look up the route and plan where to stop for gas.
- Make sure your cell phone is charged
- Take your GPS
- Water and snacks
- If staying in a hotel call ahead to see what kind of assistance is available, such as unloading your luggage.
- Keep in touch with friends/family along the way.
- Check the weather forecast, not just for traveling issues, also because wet floors can be a problem when stopping to use the restroom.